



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HEINLEIN, Karsten

Club: Zeit Egal

Number: 233

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:50:51

Speed: 12.31 km/h

Running performance: 4:52 min/km

Rank in course/Total: 28 (of 149)

Rank in course/Men: 26 (of 114)

Best time in course: 1:27:11

Rank in category: 5(of 17)

Best time in the category: 1:38:56

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	16:05	4:56	9	3:31	48	4:23	3.25	16:05	4:56	9	3:31	48	4:23	
Lap 2	3.25	15:44	4:50	6	2:07	35	3:10	6.50	31:49	4:53	9	5:38	43	7:33	
Lap 3	3.25	15:46	4:51	5	1:51	32	3:23	9.75	47:35	4:52	6	7:02	35	10:56	
Lap 4	3.25	15:36	4:47	5	1:30	25	3:03	13.00	1:03:11	4:51	6	8:01	33	13:59	
Lap 5	3.25	15:46	4:51	5	1:23	26	3:04	16.25	1:18:57	4:51	6	9:13	32	17:03	
Lap 6	3.25	16:14	4:59	4	1:36	24	3:21	19.50	1:35:11	4:52	5	10:49	29	20:23	
Last lap Finish	3.25	15:40	4:49	4	1:08	19	3:17	22.75	1:50:51	4:52	5	11:55	26	23:40	