



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

LANGE, Heiko

Club: Lauffreunde Zimmermann

Number: 285

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:00:20

Speed: 10.97 km/h

Running performance: 5:17 min/km

Rank in course/Total: 54 (of 149)

Rank in course/Men: 48 (of 114)

Best time in course: 1:27:11

Rank in category: 9(of 17)

Best time in the category: 1:38:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:09	5:16	12	4:35	66	5:27	3.25	17:09	5:16	12	4:35	66	5:27
Lap 2	3.25	16:47	5:09	11	3:10	55	4:13	6.50	33:56	5:13	12	7:45	58	9:40
Lap 3	3.25	17:07	5:15	11	3:12	54	4:44	9.75	51:03	5:14	12	10:30	55	14:24
Lap 4	3.25	16:59	5:13	8	2:53	46	4:26	13.00	1:08:02	5:14	11	12:52	54	18:50
Lap 5	3.25	18:07	5:34	11	3:44	57	5:25	16.25	1:26:09	5:18	11	16:25	56	24:15
Lap 6	3.25	17:30	5:23	9	2:52	46	4:37	19.50	1:43:39	5:18	10	19:17	50	28:51
Last lap Finish	3.25	16:41	5:08	5	2:09	36	4:18	22.75	2:00:20	5:17	9	21:24	48	33:09