



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HOLSCHUH, Jürgen

Club: Reisegruppe Schlemmerblock

Number: 237

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:13:00

Speed: 9.92 km/h

Running performance: 5:51 min/km

Rank in course/Total: 79 (of 149)

Rank in course/Men: 68 (of 114)

Best time in course: 1:27:11

Rank in category: 5(of 5)

Best time in the category: 1:37:07

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	18:20	5:38	5	5:28	79	6:38	3.25	18:20	5:38	5	5:28	79	6:38
Lap 2	3.25	18:53	5:48	5	5:12	88	6:19	6.50	37:13	5:43	5	10:40	83	12:57
Lap 3	3.25	19:08	5:53	5	5:14	84	6:45	9.75	56:21	5:46	5	15:54	85	19:42
Lap 4	3.25	19:23	5:57	5	5:15	79	6:50	13.00	1:15:44	5:49	5	21:09	83	26:32
Lap 5	3.25	19:15	5:55	5	5:07	69	6:33	16.25	1:34:59	5:50	5	26:16	78	33:05
Lap 6	3.25	19:11	5:54	5	4:53	61	6:18	19.50	1:54:10	5:51	5	31:09	75	39:22
Last lap Finish	3.25	18:50	5:47	5	4:44	56	6:27	22.75	2:13:00	5:50	5	35:53	68	45:49