



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HENKENHAF, Richard

Club: SV Birkenhard

Number: 234

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:16:35

Speed: 9.66 km/h

Running performance: 6:00 min/km

Rank in course/Total: 94 (of 149)

Rank in course/Men: 82 (of 114)

Best time in course: 1:27:11

Rank in category: 2(of 3)

Best time in the category: 2:00:20

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	19:02	5:51	3	1:53	92	7:20	3.25	19:02	5:51	3	1:53	92	7:20	
Lap 2	3.25	19:06	5:52	2	2:20	90	6:32	6.50	38:08	5:51	2	4:13	92	13:52	
Lap 3	3.25	19:09	5:53	2	2:00	85	6:46	9.75	57:17	5:52	2	6:13	91	20:38	
Lap 4	3.25	19:02	5:51	2	2:02	71	6:29	13.00	1:16:19	5:52	2	8:15	87	27:07	
Lap 5	3.25	19:15	5:55	2	1:10	69	6:33	16.25	1:35:34	5:52	2	9:25	81	33:40	
Lap 6	3.25	20:25	6:16	2	2:55	75	7:32	19.50	1:55:59	5:56	2	12:20	80	41:11	
Last lap Finish	3.25	20:36	6:20	2	3:55	75	8:13	22.75	2:16:35	6:00	2	16:15	82	49:24	