



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HEYMEL, Hendrik

Club: WSV Trusetal e.V.

Number: 394

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:43:19

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 32 (of 261)

Rank in course/Men: 32 (of 215)

Best time in course: 1:25:10

Rank in category: 9(of 35)

Best time in the category: 1:31:26

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	14:35	4:29	17	2:59	49	3:17	3.25	14:35	4:29	17	2:59	49	3:17
Lap 2	3.25	14:48	4:33	14	2:09	44	2:59	6.50	29:23	4:31	14	4:59	47	6:02
Lap 3	3.25	15:37	4:48	16	2:37	56	3:25	9.75	45:00	4:36	15	7:21	47	9:27
Lap 4	3.25	15:03	4:37	11	2:02	38	2:37	13.00	1:00:03	4:37	13	8:54	44	12:04
Lap 5	3.25	14:51	4:34	8	1:33	28	2:21	16.25	1:14:54	4:36	12	10:22	40	14:25
Lap 6	3.25	14:47	4:32	7	1:05	24	2:19	19.50	1:29:41	4:35	11	11:27	37	16:44
Last lap Finish	3.25	13:38	4:11	3	0:34	8	11:32	22.75	1:43:19	4:32	9	11:53	34	1:41:13