



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

DOPPELFELD, Arne

Club: Hannover 96

Number: 339

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:56

Speed: 12.82 km/h

Running performance: 4:31 min/km

Rank in course/Total: 30 (of 261)

Rank in course/Men: 30 (of 215)

Best time in course: 1:25:10

Rank in category: 3(of 34)

Best time in the category: 1:39:17

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	14:43	4:31	6	1:52	53	3:25	3.25	14:43	4:31	6	1:52	53	3:25	
Lap 2	3.25	14:36	4:29	3	0:27	38	2:47	6.50	29:19	4:30	5	2:19	46	5:58	
Lap 3	3.25	14:37	4:29	3	0:14	29	2:25	9.75	43:56	4:30	4	2:33	39	8:23	
Lap 4	3.25	14:40	4:30	3	1:05	28	2:14	13.00	58:36	4:30	3	2:44	34	10:37	
Lap 5	3.25	14:56	4:35	3	1:48	29	2:26	16.25	1:13:32	4:31	4	3:09	33	13:03	
Lap 6	3.25	14:57	4:35	3	1:09	25	2:29	19.50	1:28:29	4:32	3	3:28	31	15:32	
Last lap Finish	3.25	14:27	4:26	3	0:52	20	12:21	22.75	1:42:56	4:31	4	11:17	32	1:40:50	