



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LANGE, Harald

Club: Spiridon Frankfurt e.V.

Number: 422

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:37:53

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 15 (of 261)

Rank in course/Men: 15 (of 215)

Best time in course: 1:25:10

Rank in category: 5(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	13:07	4:02	8	1:31	20	1:49	3.25	13:07	4:02	8	1:31	20	1:49
Lap 2	3.25	14:07	4:20	10	1:28	25	2:18	6.50	27:14	4:11	9	2:50	23	3:53
Lap 3	3.25	14:11	4:21	6	1:11	18	1:59	9.75	41:25	4:14	6	3:46	20	5:52
Lap 4	3.25	14:16	4:23	5	1:15	16	1:50	13.00	55:41	4:16	6	4:32	18	7:42
Lap 5	3.25	14:02	4:19	3	0:44	10	1:32	16.25	1:09:43	4:17	6	5:11	18	9:14
Lap 6	3.25	14:06	4:20	3	0:24	10	1:38	19.50	1:23:49	4:17	5	5:35	15	10:52
Last lap Finish	3.25	14:04	4:19	5	1:00	13	11:58	22.75	1:37:53	4:18	5	6:27	17	1:35:47