



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

WESTHäUSER, Horst

Club: SV SK Veilsdorf

Number: 553

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:47:11

Speed: 12.32 km/h

Running performance: 4:43 min/km

Rank in course/Total: 47 (of 261)

Rank in course/Men: 46 (of 215)

Best time in course: 1:25:10

Rank in category: 1(of 20)

Best time in the category: 1:47:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	14:45	4:32	1	-	57	3:27	3.25	14:45	4:32	1	-	57	3:27	
Lap 2	3.25	15:03	4:37	1	-	49	3:14	6.50	29:48	4:35	1	-	54	6:27	
Lap 3	3.25	15:16	4:41	1	-	46	3:04	9.75	45:04	4:37	1	-	48	9:31	
Lap 4	3.25	15:16	4:41	1	-	43	2:50	13.00	1:00:20	4:38	1	-	46	12:21	
Lap 5	3.25	15:30	4:46	1	-	42	3:00	16.25	1:15:50	4:39	1	-	45	15:21	
Lap 6	3.25	15:45	4:50	1	-	44	3:17	19.50	1:31:35	4:41	1	-	44	18:38	
Last lap Finish	3.25	15:36	4:47	1	-	46	13:30	22.75	1:47:11	4:42	1	-	48	1:45:05	