



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KNUTH, Bernhard

Club: DAV Heidelberg

Number: 697

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:51:48

Speed: 11.81 km/h

Running performance: 4:55 min/km

Rank in course/Total: 64 (of 261)

Rank in course/Men: 60 (of 215)

Best time in course: 1:25:10

Rank in category: 4(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	15:19	4:42	3	0:34	67	4:01	3.25	15:19	4:42	3	0:34	67	4:01	
Lap 2	3.25	15:40	4:49	3	0:37	67	3:51	6.50	30:59	4:46	3	1:11	64	7:38	
Lap 3	3.25	15:48	4:51	2	0:32	59	3:36	9.75	46:47	4:47	2	1:43	62	11:14	
Lap 4	3.25	16:13	4:59	4	0:57	63	3:47	13.00	1:03:00	4:50	3	2:40	61	15:01	
Lap 5	3.25	16:17	5:00	3	0:47	61	3:47	16.25	1:19:17	4:52	2	3:27	58	18:48	
Lap 6	3.25	16:16	5:00	4	0:31	53	3:48	19.50	1:35:33	4:53	3	3:58	59	22:36	
Last lap Finish	3.25	16:15	5:00	4	0:39	57	14:09	22.75	1:51:48	4:54	4	4:37	62	1:49:42	