



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HENKE, Andre

Club: LAufstall

Number: 389

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:03:48

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 99 (of 261)

Rank in course/Men: 90 (of 215)

Best time in course: 1:25:10

Rank in category: 12(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	16:10	4:58	13	3:19	89	4:52	3.25	16:10	4:58	13	3:19	89	4:52
Lap 2	3.25	16:47	5:09	12	2:38	98	4:58	6.50	32:57	5:04	12	5:57	93	9:36
Lap 3	3.25	17:03	5:14	9	2:40	86	4:51	9.75	50:00	5:07	10	8:37	86	14:27
Lap 4	3.25	17:27	5:22	10	3:52	86	5:01	13.00	1:07:27	5:11	10	11:35	85	19:28
Lap 5	3.25	18:18	5:37	11	5:10	94	5:48	16.25	1:25:45	5:16	11	15:22	89	25:16
Lap 6	3.25	19:17	5:56	15	5:29	108	6:49	19.50	1:45:02	5:23	11	20:01	90	32:05
Last lap Finish	3.25	18:46	5:46	13	5:11	98	16:40	22.75	2:03:48	5:26	13	32:09	92	2:01:42