



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: 10.66 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 | 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 |