



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HIRTZ, DIRK

Club: -

Number: 395

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:09:27

Speed: 10.20 km/h

Running performance: 5:41 min/km

Rank in course/Total: 128 (of 261)

Rank in course/Men: 115 (of 215)

Best time in course: 1:25:10

Rank in category: 16(of 32)

Best time in the category: 1:33:22

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	15:21	4:43	8	3:17	68	4:03	3.25	15:21	4:43	8	3:17	68	4:03	
Lap 2	3.25	17:20	5:19	11	4:18	108	5:31	6.50	32:41	5:01	10	7:35	89	9:20	
Lap 3	3.25	18:44	5:45	20	5:29	136	6:32	9.75	51:25	5:16	11	13:04	102	15:52	
Lap 4	3.25	19:27	5:59	19	5:46	138	7:01	13.00	1:10:52	5:27	12	18:50	111	22:53	
Lap 5	3.25	19:39	6:02	18	5:53	132	7:09	16.25	1:30:31	5:34	15	24:43	116	30:02	
Lap 6	3.25	19:59	6:08	17	6:05	124	7:31	19.50	1:50:30	5:40	15	30:48	118	37:33	
Last lap Finish	3.25	18:57	5:49	14	5:29	101	16:51	22.75	2:09:27	5:41	16	36:05	117	2:07:21	