



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HENZE, Thorsten

Club: Deka Sport e.v.

Number: 669

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:11:06

Speed: 10.07 km/h

Running performance: 5:46 min/km

Rank in course/Total: 137 (of 261)

Rank in course/Men: 122 (of 215)

Best time in course: 1:25:10

Rank in category: 17(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	17:12	5:17	15	5:08	121	5:54	3.25	17:12	5:17	15	5:08	121	5:54
Lap 2	3.25	21:06	6:29	28	8:04	190	9:17	6.50	38:18	5:53	22	13:12	163	14:57
Lap 3	3.25	18:35	5:43	18	5:20	134	6:23	9.75	56:53	5:50	21	18:32	157	21:20
Lap 4	3.25	18:46	5:46	15	5:05	123	6:20	13.00	1:15:39	5:49	20	23:37	148	27:40
Lap 5	3.25	18:47	5:46	15	5:01	109	6:17	16.25	1:34:26	5:48	20	28:38	139	33:57
Lap 6	3.25	18:35	5:43	12	4:41	93	6:07	19.50	1:53:01	5:47	19	33:19	130	40:04
Last lap Finish	3.25	18:05	5:33	11	4:37	87	15:59	22.75	2:11:06	5:45	17	37:44	124	2:09:00