



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: 10.41 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 | |