



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LANGE, Heiko

Club: Rennsteig-LV Suhl

Number: 423

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:13:32

Speed: 9.89 km/h

Running performance: 5:52 min/km

Rank in course/Total: 145 (of 261)

Rank in course/Men: 130 (of 215)

Best time in course: 1:25:10

Rank in category: 9(of 20)

Best time in the category: 1:47:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:13	5:36	14	3:28	151	6:55	3.25	18:13	5:36	14	3:28	151	6:55
Lap 2	3.25	17:53	5:30	9	2:50	130	6:04	6.50	36:06	5:33	11	6:18	139	12:45
Lap 3	3.25	19:19	5:56	15	4:03	157	7:07	9.75	55:25	5:41	13	10:21	144	19:52
Lap 4	3.25	18:11	5:35	9	2:55	108	5:45	13.00	1:13:36	5:39	10	13:16	131	25:37
Lap 5	3.25	19:27	5:59	9	3:57	123	6:57	16.25	1:33:03	5:43	9	17:13	131	32:34
Lap 6	3.25	20:02	6:09	9	4:17	128	7:34	19.50	1:53:05	5:47	9	21:30	131	40:08
Last lap Finish	3.25	20:27	6:17	9	4:51	135	18:21	22.75	2:13:32	5:52	9	26:21	132	2:11:26