



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HARDER, Oskar

Club: -

Number: 383

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:14:08

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 148 (of 261)

Rank in course/Men: 133 (of 215)

Best time in course: 1:25:10

Rank in category: 10(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	19:45	6:04	15	5:00	171	8:27	3.25	19:45	6:04	15	5:00	171	8:27
Lap 2	3.25	18:42	5:45	14	3:39	152	6:53	6.50	38:27	5:54	15	8:39	164	15:06
Lap 3	3.25	18:24	5:39	10	3:08	127	6:12	9.75	56:51	5:49	15	11:47	156	21:18
Lap 4	3.25	18:30	5:41	10	3:14	117	6:04	13.00	1:15:21	5:47	14	15:01	145	27:22
Lap 5	3.25	18:42	5:45	8	3:12	105	6:12	16.25	1:34:03	5:47	11	18:13	136	33:34
Lap 6	3.25	19:12	5:54	8	3:27	106	6:44	19.50	1:53:15	5:48	10	21:40	133	40:18
Last lap Finish	3.25	20:53	6:25	10	5:17	141	18:47	22.75	2:14:08	5:53	10	26:57	135	2:12:02