



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**HÖFNER, Frank**

Club: -

Number: 397

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:23:23

Speed: 9.21 km/h

Running performance: 6:18 min/km

Rank in course/Total: 180 (of 261)

Rank in course/Men: 161 (of 215)

Best time in course: 1:25:10

Rank in category: 29(of 42)

Best time in the category: 1:35:41

### 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               | 18:18      | 5:37         | 30       | 5:46        | 153         | 7:00       | 3.25     | 18:18      | 5:37          | 30       | 5:46        | 153     | 7:00       |  |
| Lap 2           | 3.25               | 18:46      | 5:46         | 29       | 5:35        | 154         | 6:57       | 6.50     | 37:04      | 5:42          | 29       | 11:21       | 152     | 13:43      |  |
| Lap 3           | 3.25               | 19:33      | 6:00         | 30       | 5:58        | 162         | 7:21       | 9.75     | 56:37      | 5:48          | 29       | 17:19       | 154     | 21:04      |  |
| Lap 4           | 3.25               | 20:38      | 6:20         | 30       | 6:29        | 165         | 8:12       | 13.00    | 1:17:15    | 5:56          | 29       | 23:48       | 159     | 29:16      |  |
| Lap 5           | 3.25               | 22:20      | 6:52         | 33       | 7:56        | 175         | 9:50       | 16.25    | 1:39:35    | 6:07          | 30       | 31:29       | 164     | 39:06      |  |
| Lap 6           | 3.25               | 22:20      | 6:52         | 31       | 8:29        | 167         | 9:52       | 19.50    | 2:01:55    | 6:15          | 29       | 39:58       | 164     | 48:58      |  |
| Last lap Finish | 3.25               | 21:28      | 6:36         | 30       | 7:44        | 157         | 19:22      | 22.75    | 2:23:23    | 6:18          | 29       | 47:42       | 163     | 2:21:17    |  |