



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	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
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