



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HESSE, Martin

Club: -

Number: 392

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:28:00

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 193 (of 261)

Rank in course/Men: 170 (of 215)

Best time in course: 1:25:10

Rank in category: 31(of 35)

Best time in the category: 1:31:26

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	20:48	6:24	34	9:12	194	9:30	3.25	20:48	6:24	34	9:12	194	9:30
Lap 2	3.25	20:35	6:19	33	7:56	183	8:46	6.50	41:23	6:21	33	16:59	189	18:02
Lap 3	3.25	21:47	6:42	32	8:47	187	9:35	9.75	1:03:10	6:28	32	25:31	189	27:37
Lap 4	3.25	21:24	6:35	31	8:23	177	8:58	13.00	1:24:34	6:30	32	33:25	184	36:35
Lap 5	3.25	21:29	6:36	30	8:11	167	8:59	16.25	1:46:03	6:31	32	41:31	182	45:34
Lap 6	3.25	20:47	6:23	28	7:05	148	8:19	19.50	2:06:50	6:30	32	48:36	176	53:53
Last lap Finish	3.25	21:10	6:30	27	8:06	149	19:04	22.75	2:28:00	6:30	31	56:34	172	2:25:54