



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

DITTRICH, Holger

Club: DER EINGELAUFENE

Number: 337

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:33:13

Speed: 8.62 km/h

Running performance: 6:44 min/km

Rank in course/Total: 209 (of 261)

Rank in course/Men: 180 (of 215)

Best time in course: 1:25:10

Rank in category: 36(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	20:54	6:25	40	8:22	202	9:36	3.25	20:54	6:25	40	8:22	202	9:36
Lap 2	3.25	21:13	6:31	40	8:02	192	9:24	6.50	42:07	6:28	40	16:24	195	18:46
Lap 3	3.25	21:07	6:29	36	7:32	181	8:55	9.75	1:03:14	6:29	39	23:56	190	27:41
Lap 4	3.25	21:53	6:44	37	7:44	184	9:27	13.00	1:25:07	6:32	38	31:40	186	37:08
Lap 5	3.25	23:06	7:06	38	8:42	190	10:36	16.25	1:48:13	6:39	38	40:07	187	47:44
Lap 6	3.25	23:25	7:12	35	9:34	177	10:57	19.50	2:11:38	6:45	39	49:41	186	58:41
Last lap Finish	3.25	21:35	6:38	31	7:51	161	19:29	22.75	2:33:13	6:44	36	57:32	182	2:31:07