



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 | 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 |