



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BERG, Heiko

Club: -

Number: 315

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:34:43

Speed: 8.53 km/h

Running performance: 6:48 min/km

Rank in course/Total: 211 (of 261)

Rank in course/Men: 182 (of 215)

Best time in course: 1:25:10

Rank in category: 37(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	17:57	5:31	27	5:25	144	6:39	3.25	17:57	5:31	27	5:25	144	6:39
Lap 2	3.25	20:55	6:26	39	7:44	189	9:06	6.50	38:52	5:58	33	13:09	166	15:31
Lap 3	3.25	23:20	7:10	41	9:45	201	11:08	9.75	1:02:12	6:22	37	22:54	182	26:39
Lap 4	3.25	21:32	6:37	33	7:23	178	9:06	13.00	1:23:44	6:26	36	30:17	183	35:45
Lap 5	3.25	21:57	6:45	31	7:33	171	9:27	16.25	1:45:41	6:30	35	37:35	180	45:12
Lap 6	3.25	24:23	7:30	40	10:32	191	11:55	19.50	2:10:04	6:40	36	48:07	181	57:07
Last lap Finish	3.25	24:39	7:35	39	10:55	188	22:33	22.75	2:34:43	6:48	37	59:02	184	2:32:37