



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HEGENER, Franz-Josef

Club: -

Number: 385

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:38:47

Speed: 8.60 km/h

Running performance: 6:59 min/km

Rank in course/Total: 221 (of 261)

Rank in course/Men: 190 (of 215)

Best time in course: 1:25:10

Rank in category: 40(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	20:06	6:11	37	7:34	180	8:48	3.25	20:06	6:11	37	7:34	180	8:48	
Lap 2	3.25	20:43	6:22	38	7:32	186	8:54	6.50	40:49	6:16	37	15:06	183	17:28	
Lap 3	3.25	21:51	6:43	38	8:16	190	9:39	9.75	1:02:40	6:25	38	23:22	186	27:07	
Lap 4	3.25	23:03	7:05	39	8:54	196	10:37	13.00	1:25:43	6:35	39	32:16	189	37:44	
Lap 5	3.25	24:33	7:33	41	10:09	195	12:03	16.25	1:50:16	6:47	40	42:10	192	49:47	
Lap 6	3.25	24:22	7:29	39	10:31	190	11:54	19.50	2:14:38	6:54	40	52:41	192	1:01:41	
Last lap Finish	3.25	24:09	7:25	37	10:25	183	22:03	22.75	2:38:47	6:58	40	1:03:06	192	2:36:41	