



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hengst, Steffen

Club: TuS Schwefe

Number: 384

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:43:56

Speed: 12.70 km/h

Running performance: 4:34 min/km

Rank in course/Total: 15 (of 244)

Rank in course/Men: 14 (of 179)

Best time in course: 1:31:15

Rank in category: 5(of 26)

Best time in the category: 1:33:42

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	15:13	4:40	11	2:06	30	2:15	3.25	15:13	4:40	11	2:06	30	2:15	
Lap 2	3.25	14:26	4:26	6	1:13	18	1:22	6.50	29:39	4:33	7	3:15	23	3:19	
Lap 3	3.25	14:37	4:29	6	1:03	15	1:27	9.75	44:16	4:32	7	4:18	20	4:46	
Lap 4	3.25	14:58	4:36	6	1:33	16	1:58	13.00	59:14	4:33	6	5:50	18	6:44	
Lap 5	3.25	14:59	4:36	6	1:35	12	2:12	16.25	1:14:13	4:34	6	7:25	17	8:56	
Lap 6	3.25	15:05	4:38	5	1:30	13	2:11	19.50	1:29:18	4:34	5	8:55	14	11:07	
Last lap Finish	3.25	14:38	4:30	5	1:19	10	1:34	22.75	1:43:56	4:34	5	10:14	15	31:40	