



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Heinlein, Karsten

Club: Berlin
Number: 381

Course: 22.75 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:58:53

Speed: 11.10 km/h
Running performance: 5:14 min/km

Rank in course/Total: 58 (of 244)

Rank in course/Men: 52 (of 179)

Best time in course: 1:31:15

Rank in category: 5(of 38)

Best time in the category: 1:57:07

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	15:19	4:42	1	-	34	2:21	3.25	15:19	4:42	1	-	34	2:21
Lap 2	3.25	15:29	4:45	1	-	33	2:25	6.50	30:48	4:44	1	-	36	4:28
Lap 3	3.25	16:19	5:01	3	1:36	47	3:09	9.75	47:07	4:49	1	-	36	7:37
Lap 4	3.25	18:10	5:35	14	1:56	86	5:10	13.00	1:05:17	5:01	3	0:32	50	12:47
Lap 5	3.25	18:52	5:48	15	3:15	91	6:05	16.25	1:24:09	5:10	6	2:31	58	18:52
Lap 6	3.25	17:34	5:24	4	0:15	50	4:40	19.50	1:41:43	5:12	6	2:09	54	23:32
Last lap Finish	3.25	17:10	5:16	2	0:03	39	4:06	22.75	1:58:53	5:13	6	46:37	53	46:37