



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hoppenheit, Roland

Club: Pankrunners

Number: 390

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:01:30

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 67 (of 244)

Rank in course/Men: 60 (of 179)

Best time in course: 1:31:15

Rank in category: 9(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.	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	18:00	5:32	18	2:41	105	5:02	3.25	18:00	5:32	18	2:41	105	5:02	
Lap 2	3.25	17:12	5:17	17	1:43	92	4:08	6.50	35:12	5:24	17	4:24	98	8:52	
Lap 3	3.25	17:02	5:14	9	2:19	60	3:52	9.75	52:14	5:21	16	5:07	89	12:44	
Lap 4	3.25	17:02	5:14	6	0:48	55	4:02	13.00	1:09:16	5:19	13	4:31	80	16:46	
Lap 5	3.25	17:25	5:21	7	1:48	58	4:38	16.25	1:26:41	5:20	10	5:03	72	21:24	
Lap 6	3.25	17:42	5:26	7	0:23	53	4:48	19.50	1:44:23	5:21	9	4:49	66	26:12	
Last lap Finish	3.25	17:07	5:15	1	-	37	4:03	22.75	2:01:30	5:20	10	49:14	61	49:14	