



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hesse, Fabian

Club: Lauffieber Dortmund

Number: 680

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:02:54

Speed: 10.74 km/h

Running performance: 5:24 min/km

Rank in course/Total: 77 (of 244)

Rank in course/Men: 68 (of 179)

Best time in course: 1:31:15

Rank in category: 12(of 25)

Best time in the category: 1:31:15

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	17:49	5:28	20	4:35	101	4:51	3.25	17:49	5:28	20	4:35	101	4:51
Lap 2	3.25	16:53	5:11	14	3:49	75	3:49	6.50	34:42	5:20	19	8:22	95	8:22
Lap 3	3.25	17:14	5:18	12	4:04	69	4:04	9.75	51:56	5:19	15	12:26	85	12:26
Lap 4	3.25	16:51	5:11	10	3:51	46	3:51	13.00	1:08:47	5:17	15	16:17	76	16:17
Lap 5	3.25	17:22	5:20	10	4:35	54	4:35	16.25	1:26:09	5:18	14	20:52	70	20:52
Lap 6	3.25	18:06	5:34	10	5:12	59	5:12	19.50	1:44:15	5:20	12	26:04	65	26:04
Last lap Finish	3.25	18:39	5:44	13	5:35	68	5:35	22.75	2:02:54	5:24	12	31:39	69	50:38