



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hartkopf, Ingo

Club: Die Hartköpfe

Number: 376

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:05:43

Speed: 10.50 km/h

Running performance: 5:32 min/km

Rank in course/Total: 92 (of 244)

Rank in course/Men: 77 (of 179)

Best time in course: 1:31:15

Rank in category: 3(of 22)

Best time in the category: 1:53:58

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	15:36	4:47	1	-	42	2:38	3.25	15:36	4:47	1	-	42	2:38
Lap 2	3.25	16:27	5:03	3	0:55	63	3:23	6.50	32:03	4:55	3	0:40	54	5:43
Lap 3	3.25	17:20	5:19	4	1:38	71	4:10	9.75	49:23	5:03	3	2:18	59	9:53
Lap 4	3.25	18:16	5:37	6	2:10	88	5:16	13.00	1:07:39	5:12	3	4:28	65	15:09
Lap 5	3.25	19:16	5:55	10	2:39	104	6:29	16.25	1:26:55	5:20	3	7:07	75	21:38
Lap 6	3.25	19:26	5:58	8	2:47	91	6:32	19.50	1:46:21	5:27	3	9:32	78	28:10
Last lap Finish	3.25	19:22	5:57	7	3:21	84	6:18	22.75	2:05:43	5:31	3	11:45	78	53:27