



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hanisch, Dirk

Club: Spiridon Frankfurt

Number: 372

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:07:14

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 98 (of 244)

Rank in course/Men: 82 (of 179)

Best time in course: 1:31:15

Rank in category: 14(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	16:13	4:59	9	0:54	65	3:15	3.25	16:13	4:59	9	0:54	65	3:15	
Lap 2	3.25	17:05	5:15	16	1:36	87	4:01	6.50	33:18	5:07	11	2:30	72	6:58	
Lap 3	3.25	18:00	5:32	18	3:17	100	4:50	9.75	51:18	5:15	13	4:11	78	11:48	
Lap 4	3.25	18:31	5:41	15	2:17	97	5:31	13.00	1:09:49	5:22	14	5:04	85	17:19	
Lap 5	3.25	19:08	5:53	17	3:31	98	6:21	16.25	1:28:57	5:28	14	7:19	89	23:40	
Lap 6	3.25	18:44	5:45	15	1:25	77	5:50	19.50	1:47:41	5:31	14	8:07	84	29:30	
Last lap Finish	3.25	19:33	6:00	18	2:26	90	6:29	22.75	2:07:14	5:35	15	54:58	83	54:58	