



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lange, Heiko

Club: Viba-Anschütz-Schmalkalden

Number: 424

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:13:23

Speed: 9.90 km/h

Running performance: 5:52 min/km

Rank in course/Total: 122 (of 244)

Rank in course/Men: 102 (of 179)

Best time in course: 1:31:15

Rank in category: 10(of 22)

Best time in the category: 1:53:58

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	18:14	5:36	11	2:38	114	5:16	3.25	18:14	5:36	11	2:38	114	5:16
Lap 2	3.25	18:27	5:40	14	2:55	122	5:23	6.50	36:41	5:38	12	5:18	115	10:21
Lap 3	3.25	19:29	5:59	17	3:47	141	6:19	9.75	56:10	5:45	14	9:05	123	16:40
Lap 4	3.25	18:43	5:45	10	2:37	100	5:43	13.00	1:14:53	5:45	12	11:42	114	22:23
Lap 5	3.25	19:21	5:57	11	2:44	107	6:34	16.25	1:34:14	5:47	13	14:26	114	28:57
Lap 6	3.25	18:50	5:47	3	2:11	79	5:56	19.50	1:53:04	5:47	10	16:15	108	34:53
Last lap Finish	3.25	20:19	6:15	15	4:18	112	7:15	22.75	2:13:23	5:51	10	19:25	103	1:01:07