



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Herberich, Günter**

Club: SV Mondfeld

Number: 385

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:13:57

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 126 (of 244)

Rank in course/Men: 105 (of 179)

Best time in course: 1:31:15

Rank in category: 11(of 22)

Best time in the category: 1:53:58

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.25        | 18:17         | 5:37            | 12          | 2:41           | 117         | 5:19          | 3.25          | 18:17         | 5:37            | 12          | 2:41           | 117        | 5:19          |
| Lap 2           | 3.25        | 18:11         | 5:35            | 11          | 2:39           | 116         | 5:07          | 6.50          | 36:28         | 5:36            | 10          | 5:05           | 110        | 10:08         |
| Lap 3           | 3.25        | 19:12         | 5:54            | 14          | 3:30           | 128         | 6:02          | 9.75          | 55:40         | 5:42            | 12          | 8:35           | 118        | 16:10         |
| Lap 4           | 3.25        | 19:27         | 5:59            | 15          | 3:21           | 119         | 6:27          | 13.00         | 1:15:07       | 5:46            | 14          | 11:56          | 119        | 22:37         |
| Lap 5           | 3.25        | 19:31         | 6:00            | 12          | 2:54           | 111         | 6:44          | 16.25         | 1:34:38       | 5:49            | 14          | 14:50          | 115        | 29:21         |
| Lap 6           | 3.25        | 19:49         | 6:05            | 9           | 3:10           | 101         | 6:55          | 19.50         | 1:54:27       | 5:52            | 12          | 17:38          | 113        | 36:16         |
| Last lap Finish | 3.25        | 19:30         | 6:00            | 9           | 3:29           | 87          | 6:26          | 22.75         | 2:13:57       | 5:53            | 11          | 19:59          | 106        | 1:01:41       |