



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schoeps, Dirk

Club: Steinhagen

Number: 489

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:14:46

Speed: 9.79 km/h

Running performance: 5:55 min/km

Rank in course/Total: 134 (of 244)

Rank in course/Men: 112 (of 179)

Best time in course: 1:31:15

Rank in category: 19(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	19:45	6:04	25	4:26	143	6:47	3.25	19:45	6:04	25	4:26	143	6:47	
Lap 2	3.25	18:49	5:47	23	3:20	129	5:45	6.50	38:34	5:56	23	7:46	136	12:14	
Lap 3	3.25	19:00	5:50	23	4:17	125	5:50	9.75	57:34	5:54	25	10:27	136	18:04	
Lap 4	3.25	19:19	5:56	19	3:05	111	6:19	13.00	1:16:53	5:54	24	12:08	131	24:23	
Lap 5	3.25	19:10	5:53	18	3:33	101	6:23	16.25	1:36:03	5:54	21	14:25	122	30:46	
Lap 6	3.25	19:26	5:58	19	2:07	91	6:32	19.50	1:55:29	5:55	20	15:55	117	37:18	
Last lap Finish	3.25	19:17	5:56	14	2:10	80	6:13	22.75	2:14:46	5:55	20	1:02:30	113	1:02:30	