



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Von der Heydt, Lutz

Club: LC Solbad

Number: 521

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:17:05

Speed: 9.63 km/h

Running performance: 6:02 min/km

Rank in course/Total: 148 (of 244)

Rank in course/Men: 120 (of 179)

Best time in course: 1:31:15

Rank in category: 21(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 | 19:44 | 6:04 | 24 | 4:25 | 142 | 6:46 | 3.25 | 19:44 | 6:04 | 24 | 4:25 | 142 | 6:46 | |
| Lap 2 | 3.25 | 19:35 | 6:01 | 28 | 4:06 | 144 | 6:31 | 6.50 | 39:19 | 6:02 | 28 | 8:31 | 144 | 12:59 | |
| Lap 3 | 3.25 | 19:12 | 5:54 | 25 | 4:29 | 128 | 6:02 | 9.75 | 58:31 | 6:00 | 27 | 11:24 | 141 | 19:01 | |
| Lap 4 | 3.25 | 19:51 | 6:06 | 24 | 3:37 | 133 | 6:51 | 13.00 | 1:18:22 | 6:01 | 27 | 13:37 | 141 | 25:52 | |
| Lap 5 | 3.25 | 19:44 | 6:04 | 24 | 4:07 | 118 | 6:57 | 16.25 | 1:38:06 | 6:02 | 25 | 16:28 | 131 | 32:49 | |
| Lap 6 | 3.25 | 19:29 | 5:59 | 20 | 2:10 | 94 | 6:35 | 19.50 | 1:57:35 | 6:01 | 22 | 18:01 | 126 | 39:24 | |
| Last lap Finish | 3.25 | 19:30 | 6:00 | 17 | 2:23 | 87 | 6:26 | 22.75 | 2:17:05 | 6:01 | 22 | 1:04:49 | 121 | 1:04:49 | |