



# 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.	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