



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lentze, Heiko

Club: SV Gelnhausen

Number: 427

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:16:58

Speed: 9.64 km/h

Running performance: 6:01 min/km

Rank in course/Total: 147 (of 244)

Rank in course/Men: 119 (of 179)

Best time in course: 1:31:15

Rank in category: 15(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	18:05	5:33	10	2:29	106	5:07	3.25	18:05	5:33	10	2:29	106	5:07
Lap 2	3.25	19:21	5:57	17	3:49	141	6:17	6.50	37:26	5:45	16	6:03	131	11:06
Lap 3	3.25	19:35	6:01	18	3:53	143	6:25	9.75	57:01	5:50	16	9:56	132	17:31
Lap 4	3.25	19:53	6:07	18	3:47	135	6:53	13.00	1:16:54	5:54	16	13:43	132	24:24
Lap 5	3.25	19:45	6:04	14	3:08	121	6:58	16.25	1:36:39	5:56	16	16:51	129	31:22
Lap 6	3.25	20:14	6:13	12	3:35	113	7:20	19.50	1:56:53	5:59	15	20:04	124	38:42
Last lap Finish	3.25	20:05	6:10	12	4:04	107	7:01	22.75	2:16:58	6:01	15	23:00	120	1:04:42