



# 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: 9.97 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<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        | 18:05         | 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       |