



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Köhne, Heinz-Werner**

Club: VfL Engelskirchen

Number: 707

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:00:57

Speed: 10.91 km/h

Running performance: 5:19 min/km

Rank in course/Total: 65 (of 244)

Rank in course/Men: 58 (of 179)

Best time in course: 1:31:15

Rank in category: 7(of 38)

Best time in the category: 1:57:07

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	17:23	5:20	15	2:04	92	4:25	3.25	17:23	5:20	15	2:04	92	4:25
Lap 2	3.25	15:40	4:49	2	0:11	39	2:36	6.50	33:03	5:05	9	2:15	67	6:43
Lap 3	3.25	16:06	4:57	2	1:23	43	2:56	9.75	49:09	5:02	5	2:02	57	9:39
Lap 4	3.25	16:14	4:59	1	-	37	3:14	13.00	1:05:23	5:01	4	0:38	51	12:53
Lap 5	3.25	16:15	5:00	2	0:38	35	3:28	16.25	1:21:38	5:01	1	-	42	16:21
Lap 6	3.25	18:11	5:35	10	0:52	60	5:17	19.50	1:39:49	5:07	3	0:15	49	21:38
Last lap Finish	3.25	21:08	6:30	24	4:01	123	8:04	22.75	2:00:57	5:18	8	48:41	59	48:41