



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hengst, Steffen

Club: artiva
Number: 374

Course: 22.75 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:39:15

Speed: 13.75 km/h
Running performance: 4:22 min/km

Rank in course/Total: 7 (of 244)

Rank in course/Men: 7 (of 177)

Best time in course: 1:31:43

Rank in category: 4(of 25)

Best time in the category: 1:32:02

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	13:50	4:15	6	1:52	13	1:52	3.25	13:50	4:15	6	1:52	13	1:52
Lap 2	3.25	13:18	4:05	3	0:43	5	0:43	6.50	27:08	4:10	4	2:35	6	2:35
Lap 3	3.25	13:22	4:06	3	0:12	5	0:38	9.75	40:30	4:09	4	2:45	6	2:45
Lap 4	3.25	13:47	4:14	3	0:21	5	0:34	13.00	54:17	4:10	3	3:06	5	3:06
Lap 5	3.25	14:12	4:22	3	0:40	6	0:56	16.25	1:08:29	4:12	3	3:32	5	3:32
Lap 6	3.25	14:59	4:36	4	1:14	9	1:38	19.50	1:23:28	4:16	4	4:46	6	4:46
Last lap Finish	3.25	15:47	4:51	6	2:27	17	2:59	22.75	1:39:15	4:21	4	7:13	7	7:32