



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Heering, Alexander

Club: Eisenacher Schwimm- und Sportverein
Number: 369

Course: 22.75 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:42:35

Speed: 12.87 km/h
Running performance: 4:31 min/km

Rank in course/Total: 9 (of 244)

Rank in course/Men: 9 (of 177)

Best time in course: 1:31:43

Rank in category: 5(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	13:23	4:07	4	1:25	8	1:25	3.25	13:23	4:07	4	1:25	8	1:25
Lap 2	3.25	13:54	4:16	5	1:19	7	1:19	6.50	27:17	4:11	5	2:44	8	2:44
Lap 3	3.25	14:32	4:28	4	1:22	9	1:48	9.75	41:49	4:17	5	4:04	8	4:04
Lap 4	3.25	14:58	4:36	5	1:32	12	1:45	13.00	56:47	4:22	5	5:36	8	5:36
Lap 5	3.25	15:10	4:39	5	1:38	11	1:54	16.25	1:11:57	4:25	5	7:00	8	7:00
Lap 6	3.25	15:13	4:40	6	1:28	11	1:52	19.50	1:27:10	4:28	5	8:28	9	8:28
Last lap Finish	3.25	15:25	4:44	4	2:05	13	2:37	22.75	1:42:35	4:30	5	10:33	9	10:52