



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Westhäuser, Horst

Club: SV-EK Veilsdorf

Number: 546

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:45:03

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 14 (of 244)

Rank in course/Men: 14 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 10)

Best time in the category: 1:45:03

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	15:04	4:38	1	-	31	3:06	3.25	15:04	4:38	1	-	31	3:06	
Lap 2	3.25	15:25	4:44	1	-	30	2:50	6.50	30:29	4:41	1	-	31	5:56	
Lap 3	3.25	15:06	4:38	1	-	20	2:22	9.75	45:35	4:40	1	-	27	7:50	
Lap 4	3.25	14:54	4:35	1	-	11	1:41	13.00	1:00:29	4:39	1	-	20	9:18	
Lap 5	3.25	14:56	4:35	1	-	9	1:40	16.25	1:15:25	4:38	1	-	16	10:28	
Lap 6	3.25	14:53	4:34	1	-	8	1:32	19.50	1:30:18	4:37	1	-	15	11:36	
Last lap Finish	3.25	14:45	4:32	1	-	8	1:57	22.75	1:45:03	4:37	1	-	14	13:20	