



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hille, Christian

Club: TuS Ampen

Number: 376

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:47:38

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 19 (of 244)

Rank in course/Men: 18 (of 177)

Best time in course: 1:31:43

Rank in category: 6(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	15:04	4:38	12	3:06	31	3:06	3.25	15:04	4:38	12	3:06	31	3:06
Lap 2	3.25	14:54	4:35	7	2:19	18	2:19	6.50	29:58	4:36	9	5:25	24	5:25
Lap 3	3.25	15:00	4:36	6	1:50	17	2:16	9.75	44:58	4:36	8	7:13	22	7:13
Lap 4	3.25	15:26	4:44	6	2:00	19	2:13	13.00	1:00:24	4:38	7	9:13	19	9:13
Lap 5	3.25	15:49	4:51	6	2:17	22	2:33	16.25	1:16:13	4:41	6	11:16	19	11:16
Lap 6	3.25	15:57	4:54	7	2:12	19	2:36	19.50	1:32:10	4:43	6	13:28	17	13:28
Last lap Finish	3.25	15:28	4:45	5	2:08	16	2:40	22.75	1:47:38	4:43	6	15:36	18	15:55