



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Winkler, Heiko

Club: Poeler SV 1923e.V.

Number: 550

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:43

Speed: 11.71 km/h

Running performance: 4:57 min/km

Rank in course/Total: 37 (of 244)

Rank in course/Men: 31 (of 177)

Best time in course: 1:31:43

Rank in category: 8(of 34)

Best time in the category: 1:38:53

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	17:16	5:18	14	3:59	76	5:18	3.25	17:16	5:18	14	3:59	76	5:18
Lap 2	3.25	15:55	4:53	12	1:59	46	3:20	6.50	33:11	5:06	13	5:58	57	8:38
Lap 3	3.25	15:13	4:40	5	1:12	22	2:29	9.75	48:24	4:57	11	6:50	45	10:39
Lap 4	3.25	15:27	4:45	7	1:14	21	2:14	13.00	1:03:51	4:54	7	8:02	35	12:40
Lap 5	3.25	15:55	4:53	6	1:48	23	2:39	16.25	1:19:46	4:54	8	9:29	34	14:49
Lap 6	3.25	16:52	5:11	7	3:02	32	3:31	19.50	1:36:38	4:57	8	11:54	34	17:56
Last lap Finish	3.25	16:05	4:56	6	2:11	21	3:17	22.75	1:52:43	4:57	8	13:50	31	21:00