



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Mitteldorf, Norbert

Club: Kassel

Number: 442

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:03:30

Speed: 10.69 km/h

Running performance: 5:26 min/km

Rank in course/Total: 73 (of 244)

Rank in course/Men: 61 (of 177)

Best time in course: 1:31:43

Rank in category: 6(of 30)

Best time in the category: 1:45:14

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	18:38	5:44	13	4:28	115	6:40	3.25	18:38	5:44	13	4:28	115	6:40
Lap 2	3.25	16:47	5:09	6	2:11	65	4:12	6.50	35:25	5:26	9	6:39	89	10:52
Lap 3	3.25	16:32	5:05	5	1:35	44	3:48	9.75	51:57	5:19	7	8:14	73	14:12
Lap 4	3.25	17:09	5:16	6	1:51	45	3:56	13.00	1:09:06	5:18	6	10:05	64	17:55
Lap 5	3.25	17:31	5:23	6	2:03	49	4:15	16.25	1:26:37	5:19	6	12:08	60	21:40
Lap 6	3.25	18:04	5:33	7	2:46	53	4:43	19.50	1:44:41	5:22	6	14:54	57	25:59
Last lap Finish	3.25	18:49	5:47	7	3:22	71	6:01	22.75	2:03:30	5:25	6	18:16	61	31:47