



# 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: 11.05 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 |       | Pos  | Behind | Pos    |      | Total | Total | Total   | Pos  | Behind | Pos   | Behind |       |
|-----------------|-------|-------|------|--------|--------|------|-------|-------|---------|------|--------|-------|--------|-------|
|                 | km    | Time  |      |        | min/km | Cat. |       |       |         |      |        |       |        | Cat.  |
| 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 |