



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Heinzerling, Marc

Club: TSV Baumbach

Number: 371

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:04:13

Speed: 10.63 km/h

Running performance: 5:28 min/km

Rank in course/Total: 77 (of 244)

Rank in course/Men: 64 (of 177)

Best time in course: 1:31:43

Rank in category: 16(of 34)

Best time in the category: 1:38:53

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	17:42	5:26	18	4:25	92	5:44	3.25	17:42	5:26	18	4:25	92	5:44
Lap 2	3.25	16:40	5:07	15	2:44	62	4:05	6.50	34:22	5:17	15	7:09	76	9:49
Lap 3	3.25	17:02	5:14	13	3:01	57	4:18	9.75	51:24	5:16	14	9:50	64	13:39
Lap 4	3.25	17:23	5:20	12	3:10	52	4:10	13.00	1:08:47	5:17	14	12:58	61	17:36
Lap 5	3.25	18:01	5:32	14	3:54	62	4:45	16.25	1:26:48	5:20	14	16:31	62	21:51
Lap 6	3.25	18:29	5:41	14	4:39	66	5:08	19.50	1:45:17	5:23	15	20:33	64	26:35
Last lap Finish	3.25	18:56	5:49	16	5:02	76	6:08	22.75	2:04:13	5:27	16	25:20	64	32:30