



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 |