



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bettenhausen, Rüdiger

Club: Bad Hersfeld

Number: 312

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:00:22

Speed: 10.97 km/h

Running performance: 5:17 min/km

Rank in course/Total: 57 (of 244)

Rank in course/Men: 48 (of 177)

Best time in course: 1:31:43

Rank in category: 11(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. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.25 | 16:23 | 5:02 | 11 | 3:06 | 51 | 4:25 | 3.25 | 16:23 | 5:02 | 11 | 3:06 | 51 | 4:25 |
| Lap 2 | 3.25 | 15:44 | 4:50 | 7 | 1:48 | 37 | 3:09 | 6.50 | 32:07 | 4:56 | 11 | 4:54 | 46 | 7:34 |
| Lap 3 | 3.25 | 16:01 | 4:55 | 9 | 2:00 | 35 | 3:17 | 9.75 | 48:08 | 4:56 | 10 | 6:34 | 43 | 10:23 |
| Lap 4 | 3.25 | 17:03 | 5:14 | 11 | 2:50 | 44 | 3:50 | 13.00 | 1:05:11 | 5:00 | 11 | 9:22 | 44 | 14:00 |
| Lap 5 | 3.25 | 17:49 | 5:28 | 12 | 3:42 | 57 | 4:33 | 16.25 | 1:23:00 | 5:06 | 10 | 12:43 | 43 | 18:03 |
| Lap 6 | 3.25 | 18:28 | 5:40 | 12 | 4:38 | 63 | 5:07 | 19.50 | 1:41:28 | 5:12 | 11 | 16:44 | 46 | 22:46 |
| Last lap Finish | 3.25 | 18:54 | 5:48 | 15 | 5:00 | 73 | 6:06 | 22.75 | 2:00:22 | 5:17 | 11 | 21:29 | 48 | 28:39 |