



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Hemstedt, Bernd**

Club: Oschersleben

Number: 373

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:06:37

Speed: 10.43 km/h

Running performance: 5:34 min/km

Rank in course/Total: 93 (of 244)

Rank in course/Men: 76 (of 177)

Best time in course: 1:31:43

Rank in category: 9(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	16:55	5:12	6	2:45	66	4:57	3.25	16:55	5:12	6	2:45	66	4:57
Lap 2	3.25	17:13	5:17	7	2:37	70	4:38	6.50	34:08	5:15	6	5:22	74	9:35
Lap 3	3.25	17:20	5:19	7	2:23	65	4:36	9.75	51:28	5:16	6	7:45	65	13:43
Lap 4	3.25	17:58	5:31	9	2:40	72	4:45	13.00	1:09:26	5:20	7	10:25	67	18:15
Lap 5	3.25	18:29	5:41	9	3:01	79	5:13	16.25	1:27:55	5:24	8	13:26	69	22:58
Lap 6	3.25	19:01	5:51	9	3:43	76	5:40	19.50	1:46:56	5:29	8	17:09	71	28:14
Last lap Finish	3.25	19:41	6:03	9	4:14	88	6:53	22.75	2:06:37	5:33	9	21:23	76	34:54