



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hinrichs, Ingo

Club: KSG Lo-Han

Number: 377

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:08:08

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 98 (of 244)

Rank in course/Men: 80 (of 177)

Best time in course: 1:31:43

Rank in category: 18(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	17:35	5:24	17	4:18	85	5:37	3.25	17:35	5:24	17	4:18	85	5:37	
Lap 2	3.25	16:32	5:05	14	2:36	56	3:57	6.50	34:07	5:14	14	6:54	73	9:34	
Lap 3	3.25	17:54	5:30	18	3:53	83	5:10	9.75	52:01	5:20	15	10:27	75	14:16	
Lap 4	3.25	18:06	5:34	17	3:53	78	4:53	13.00	1:10:07	5:23	16	14:18	73	18:56	
Lap 5	3.25	18:39	5:44	18	4:32	82	5:23	16.25	1:28:46	5:27	17	18:29	72	23:49	
Lap 6	3.25	18:57	5:49	17	5:07	75	5:36	19.50	1:47:43	5:31	17	22:59	75	29:01	
Last lap Finish	3.25	20:25	6:16	19	6:31	96	7:37	22.75	2:08:08	5:37	18	29:15	80	36:25	