



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hanisch, Dirk

Club: Spiridon Frankfurt

Number: 364

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:09:54

Speed: 10.16 km/h

Running performance: 5:43 min/km

Rank in course/Total: 108 (of 244)

Rank in course/Men: 88 (of 177)

Best time in course: 1:31:43

Rank in category: 10(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	17:20	5:19	8	3:10	81	5:22	3.25	17:20	5:19	8	3:10	81	5:22
Lap 2	3.25	17:51	5:29	10	3:15	91	5:16	6.50	35:11	5:24	8	6:25	85	10:38
Lap 3	3.25	18:00	5:32	10	3:03	85	5:16	9.75	53:11	5:27	9	9:28	85	15:26
Lap 4	3.25	18:54	5:48	12	3:36	96	5:41	13.00	1:12:05	5:32	10	13:04	91	20:54
Lap 5	3.25	18:54	5:48	10	3:26	84	5:38	16.25	1:30:59	5:35	10	16:30	83	26:02
Lap 6	3.25	19:17	5:56	10	3:59	83	5:56	19.50	1:50:16	5:39	10	20:29	83	31:34
Last lap Finish	3.25	19:38	6:02	8	4:11	86	6:50	22.75	2:09:54	5:42	10	24:40	88	38:11