



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Englisch, Dirk

Club: RSV Osthelden

Number: 337

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:23:46

Speed: 9.49 km/h

Running performance: 6:19 min/km

Rank in course/Total: 158 (of 244)

Rank in course/Men: 126 (of 177)

Best time in course: 1:31:43

Rank in category: 16(of 23)

Best time in the category: 1:57:26

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	18:29	5:41	9	3:48	108	6:31	3.25	18:29	5:41	9	3:48	108	6:31	
Lap 2	3.25	19:27	5:59	17	4:05	132	6:52	6.50	37:56	5:50	12	7:53	118	13:23	
Lap 3	3.25	20:50	6:24	18	3:42	144	8:06	9.75	58:46	6:01	16	11:15	131	21:01	
Lap 4	3.25	21:09	6:30	18	3:41	141	7:56	13.00	1:19:55	6:08	18	14:56	136	28:44	
Lap 5	3.25	21:00	6:27	17	3:30	124	7:44	16.25	1:40:55	6:12	17	17:52	132	35:58	
Lap 6	3.25	21:22	6:34	15	3:37	115	8:01	19.50	2:02:17	6:16	17	21:29	131	43:35	
Last lap Finish	3.25	21:29	6:36	12	4:51	109	8:41	22.75	2:23:46	6:19	16	26:20	126	52:03	