



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Schröder, Heiko**

Club: Kassel

Number: 499

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:23:52

Speed: 9.18 km/h

Running performance: 6:19 min/km

Rank in course/Total: 160 (of 244)

Rank in course/Men: 127 (of 177)

Best time in course: 1:31:43

Rank in category: 15(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:02	6:09	18	5:52	145	8:04	3.25	20:02	6:09	18	5:52	145	8:04
Lap 2	3.25	19:36	6:01	16	5:00	134	7:01	6.50	39:38	6:05	18	10:52	143	15:05
Lap 3	3.25	19:59	6:08	17	5:02	132	7:15	9.75	59:37	6:06	16	15:54	138	21:52
Lap 4	3.25	20:24	6:16	18	5:06	131	7:11	13.00	1:20:01	6:09	17	21:00	137	28:50
Lap 5	3.25	20:49	6:24	17	5:21	121	7:33	16.25	1:40:50	6:12	16	26:21	131	35:53
Lap 6	3.25	21:10	6:30	13	5:52	108	7:49	19.50	2:02:00	6:15	15	32:13	129	43:18
Last lap Finish	3.25	21:52	6:43	16	6:25	115	9:04	22.75	2:23:52	6:19	15	38:38	127	52:09