



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

Langhäuser, Lucas

Club: TV Maikammer

Number: 417

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:24:45

Speed: 9.12 km/h

Running performance: 6:22 min/km

Rank in course/Total: 165 (of 244)

Rank in course/Men: 130 (of 177)

Best time in course: 1:31:43

Rank in category: 17(of 30)

Best time in the category: 1:45:14

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Lap 1           | 3.25        | 20:07         | 6:11            | 20          | 5:57           | 147         | 8:09          | 3.25  | 20:07   | 6:11            | 20          | 5:57           | 147           | 8:09          |
| Lap 2           | 3.25        | 19:43         | 6:03            | 18          | 5:07           | 137         | 7:08          | 6.50  | 39:50   | 6:07            | 19          | 11:04          | 144           | 15:17         |
| Lap 3           | 3.25        | 19:54         | 6:07            | 16          | 4:57           | 131         | 7:10          | 9.75  | 59:44   | 6:07            | 17          | 16:01          | 139           | 21:59         |
| Lap 4           | 3.25        | 19:40         | 6:03            | 14          | 4:22           | 113         | 6:27          | 13.00 | 1:19:24 | 6:06            | 15          | 20:23          | 131           | 28:13         |
| Lap 5           | 3.25        | 20:38         | 6:20            | 15          | 5:10           | 117         | 7:22          | 16.25 | 1:40:02 | 6:09            | 14          | 25:33          | 124           | 35:05         |
| Lap 6           | 3.25        | 22:47         | 7:00            | 21          | 7:29           | 140         | 9:26          | 19.50 | 2:02:49 | 6:17            | 18          | 33:02          | 134           | 44:07         |
| Last lap Finish | 3.25        | 21:56         | 6:44            | 17          | 6:29           | 117         | 9:08          | 22.75 | 2:24:45 | 6:21            | 17          | 39:31          | 130           | 53:02         |