



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Helle, Simon

Club: Hey Ho Lets Go

Number: 663

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:25:16

Speed: 9.09 km/h

Running performance: 6:23 min/km

Rank in course/Total: 169 (of 244)

Rank in course/Men: 132 (of 177)

Best time in course: 1:31:43

Rank in category: 23(of 25)

Best time in the category: 1:32:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	3.25	21:28	6:36	25	9:30	167	9:30	3.25	21:28	6:36	25	9:30	167	9:30
Lap 2	3.25	20:36	6:20	23	8:01	151	8:01	6.50	42:04	6:28	25	17:31	160	17:31
Lap 3	3.25	20:35	6:19	23	7:25	138	7:51	9.75	1:02:39	6:25	24	24:54	154	24:54
Lap 4	3.25	19:50	6:06	22	6:24	117	6:37	13.00	1:22:29	6:20	23	31:18	146	31:18
Lap 5	3.25	21:14	6:31	23	7:42	131	7:58	16.25	1:43:43	6:22	23	38:46	144	38:46
Lap 6	3.25	19:46	6:04	21	6:01	95	6:25	19.50	2:03:29	6:19	23	44:47	135	44:47
Last lap Finish	3.25	21:47	6:42	22	8:27	112	8:59	22.75	2:25:16	6:23	23	53:14	132	53:33