



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Höppner, Marcell

Club: Hildesheim / Marienburg

Number: 379

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:32:49

Speed: 8.93 km/h

Running performance: 6:43 min/km

Rank in course/Total: 188 (of 244)

Rank in course/Men: 147 (of 177)

Best time in course: 1:31:43

Rank in category: 28(of 34)

Best time in the category: 1:38:53

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	19:42	6:03	28	6:25	137	7:44	3.25	19:42	6:03	28	6:25	137	7:44
Lap 2	3.25	19:19	5:56	27	5:23	128	6:44	6.50	39:01	6:00	28	11:48	137	14:28
Lap 3	3.25	20:55	6:26	28	6:54	148	8:11	9.75	59:56	6:08	28	18:22	142	22:11
Lap 4	3.25	21:21	6:34	28	7:08	145	8:08	13.00	1:21:17	6:15	28	25:28	141	30:06
Lap 5	3.25	22:30	6:55	29	8:23	147	9:14	16.25	1:43:47	6:23	28	33:30	146	38:50
Lap 6	3.25	24:18	7:28	29	10:28	151	10:57	19.50	2:08:05	6:34	28	43:21	146	49:23
Last lap Finish	3.25	24:44	7:36	29	10:50	147	11:56	22.75	2:32:49	6:43	28	53:56	147	1:01:06