



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dittrich, Holger

Club: STENDALER LV92

Number: 331

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:42:07

Speed: 8.14 km/h

Running performance: 7:08 min/km

Rank in course/Total: 204 (of 244)

Rank in course/Men: 154 (of 177)

Best time in course: 1:31:43

Rank in category: 21(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	21:28	6:36	19	6:47	167	9:30	3.25	21:28	6:36	19	6:47	167	9:30
Lap 2	3.25	21:04	6:28	20	5:42	161	8:29	6.50	42:32	6:32	19	12:29	163	17:59
Lap 3	3.25	21:48	6:42	21	4:40	157	9:04	9.75	1:04:20	6:35	20	16:49	161	26:35
Lap 4	3.25	22:51	7:01	21	5:23	156	9:38	13.00	1:27:11	6:42	21	22:12	158	36:00
Lap 5	3.25	23:46	7:18	21	6:16	155	10:30	16.25	1:50:57	6:49	21	27:54	159	46:00
Lap 6	3.25	24:47	7:37	21	7:02	158	11:26	19.50	2:15:44	6:57	21	34:56	158	57:02
Last lap Finish	3.25	26:23	8:07	21	9:45	157	13:35	22.75	2:42:07	7:07	21	44:41	154	1:10:24