



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Imholte, Stefan

Club: Cloppenburg

Number: 383

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:47:54

Speed: 7.86 km/h

Running performance: 7:23 min/km

Rank in course/Total: 218 (of 244)

Rank in course/Men: 163 (of 177)

Best time in course: 1:31:43

Rank in category: 26(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	21:00	6:27	26	6:50	158	9:02	3.25	21:00	6:27	26	6:50	158	9:02
Lap 2	3.25	20:23	6:16	24	5:47	149	7:48	6.50	41:23	6:21	25	12:37	154	16:50
Lap 3	3.25	21:42	6:40	25	6:45	156	8:58	9.75	1:03:05	6:28	24	19:22	156	25:20
Lap 4	3.25	24:23	7:30	28	9:05	167	11:10	13.00	1:27:28	6:43	25	28:27	160	36:17
Lap 5	3.25	25:34	7:51	27	10:06	166	12:18	16.25	1:53:02	6:57	25	38:33	161	48:05
Lap 6	3.25	27:09	8:21	27	11:51	166	13:48	19.50	2:20:11	7:11	25	50:24	163	1:01:29
Last lap Finish	3.25	27:43	8:31	26	12:16	160	14:55	22.75	2:47:54	7:22	26	1:02:40	163	1:16:11