



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Otte, Andreas

Club: OCR Heidesprinter

Number: 454

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:11:16

Speed: 6.90 km/h

Running performance: 8:25 min/km

Rank in course/Total: 233 (of 244)

Rank in course/Men: 171 (of 177)

Best time in course: 1:31:43

Rank in category: 34(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	21:34	6:38	34	8:17	171	9:36	3.25	21:34	6:38	34	8:17	171	9:36
Lap 2	3.25	23:59	7:22	34	10:03	174	11:24	6.50	45:33	7:00	34	18:20	173	21:00
Lap 3	3.25	23:25	7:12	33	9:24	170	10:41	9.75	1:08:58	7:04	34	27:24	172	31:13
Lap 4	3.25	26:04	8:01	33	11:51	172	12:51	13.00	1:35:02	7:18	34	39:13	173	43:51
Lap 5	3.25	29:54	9:11	34	15:47	173	16:38	16.25	2:04:56	7:41	34	54:39	173	59:59
Lap 6	3.25	31:34	9:42	34	17:44	172	18:13	19.50	2:36:30	8:01	34	1:11:46	171	1:17:48
Last lap Finish	3.25	34:46	10:41	34	20:52	171	21:58	22.75	3:11:16	8:24	34	1:32:23	171	1:39:33