



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hahnen, Christian

Club: Lauf Team Unna

Number: 656

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:02:27

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 61 (of 185)

Rank in course/Men: 56 (of 161)

Best time in course: 2:53:52

Rank in category: 11(of 40)

Best time in the category: 3:16:10

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	18:58	5:50	25	6:08	109	7:11	3.25	18:58	5:50	25	6:08	109	7:11
Lap 2	3.25	18:41	5:44	24	5:14	105	18:40	6.50	37:39	5:47	25	11:22	109	20:24
Lap 3	3.25	18:37	5:43	20	4:50	97	5:47	9.75	56:16	5:46	24	16:12	106	22:52
Lap 4	3.25	19:09	5:53	23	5:00	99	6:11	13.00	1:15:25	5:48	23	21:12	105	25:46
Lap 5	3.25	18:43	5:45	20	4:28	82	5:31	16.25	1:34:08	5:47	21	25:40	100	30:33
Lap 6	3.25	19:18	5:56	19	4:46	87	6:00	19.50	1:53:26	5:49	21	30:26	96	36:33
Lap 7	3.25	18:31	5:41	12	3:43	62	5:09	22.75	2:11:57	5:47	18	34:09	90	41:29
Lap 8	3.25	18:48	5:47	13	3:57	61	18:47	26.00	2:30:45	5:47	19	37:48	85	46:32
Lap 9	3.25	18:55	5:49	13	3:16	57	4:56	29.25	2:49:40	5:48	18	41:04	78	51:28
Lap 10	3.25	18:28	5:40	11	2:29	41	4:32	32.50	3:08:08	5:47	15	43:33	73	55:50
Lap 11	3.25	18:40	5:44	10	2:27	37	18:39	35.75	3:26:48	5:47	13	45:32	66	1:00:29
Lap 12	3.25	18:34	5:42	10	2:19	34	4:44	39.00	3:45:22	5:46	12	46:40	63	1:05:01
Last lap Finish	3.25	17:05	5:15	5	0:52	20	4:03	42.25	4:02:27	5:44	11	46:17	56	1:08:35