



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Höfs, Ralf

Club: Borbecker Raketen Essen

Number: 674

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 5:06:23

Speed: 8.22 km/h

Running performance: 7:15 min/km

Rank in course/Total: 167 (of 185)

Rank in course/Men: 150 (of 161)

Best time in course: 2:53:52

Rank in category: 28(of 30)

Best time in the category: 3:39:08

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	20:32	6:19	25	6:47	137	8:45	3.25	20:32	6:19	25	6:47	137	8:45
Lap 2	3.25	19:36	6:01	22	5:32	128	19:35	6.50	40:08	6:10	23	12:19	130	22:53
Lap 3	3.25	20:07	6:11	24	5:38	134	7:17	9.75	1:00:15	6:10	25	17:57	134	26:51
Lap 4	3.25	20:31	6:18	26	5:40	139	7:33	13.00	1:20:46	6:12	24	23:37	133	31:07
Lap 5	3.25	20:56	6:26	25	5:30	131	7:44	16.25	1:41:42	6:15	23	29:07	132	38:07
Lap 6	3.25	22:13	6:50	28	6:03	147	8:55	19.50	2:03:55	6:21	26	35:10	140	47:02
Lap 7	3.25	22:25	6:53	27	6:01	143	9:03	22.75	2:26:20	6:25	27	41:11	142	55:52
Lap 8	3.25	22:25	6:53	26	5:28	131	22:24	26.00	2:48:45	6:29	27	46:11	139	1:04:32
Lap 9	3.25	23:08	7:07	27	6:05	131	9:09	29.25	3:11:53	6:33	27	51:23	139	1:13:41
Lap 10	3.25	24:33	7:33	28	7:24	135	10:37	32.50	3:36:26	6:39	28	56:27	141	1:24:08
Lap 11	3.25	26:03	8:00	28	8:37	141	26:02	35.75	4:02:29	6:46	28	1:01:54	143	1:36:10
Lap 12	3.25	33:25	10:16	30	16:12	157	19:35	39.00	4:35:54	7:04	28	1:14:21	150	1:55:33
Last lap Finish	3.25	30:29	9:22	27	13:14	149	17:27	42.25	5:06:23	7:15	28	1:27:15	150	2:12:31