



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>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       |