



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

JESCHAK, Patrick

Club: SF Ennepetal

Number: 684

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:32:21

Speed: 11.87 km/h

Running performance: 5:02 min/km

Rank in course/Total: 25 (of 168)

Rank in course/Men: 25 (of 144)

Best time in course: 2:45:49

Rank in category: 4(of 10)

Best time in the category: 3:03:49

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	14:38	4:30	4	1:51	18	3:44	3.25	14:38	4:30	4	1:51	18	3:44
Lap 2	3.25	15:53	4:53	4	3:07	37	4:06	6.50	30:31	4:41	4	4:58	27	7:50
Lap 3	3.25	15:27	4:45	4	2:43	25	3:02	9.75	45:58	4:42	4	7:41	26	10:52
Lap 4	3.25	15:10	4:39	3	2:01	20	2:33	13.00	1:01:08	4:42	4	9:42	24	13:25
Lap 5	3.25	15:09	4:39	3	1:47	18	2:49	16.25	1:16:17	4:41	3	11:29	21	16:14
Lap 6	3.25	15:07	4:39	3	1:39	14	2:43	19.50	1:31:24	4:41	3	13:08	20	18:57
Lap 7	3.25	15:21	4:43	3	1:28	16	2:33	22.75	1:46:45	4:41	3	14:36	20	21:30
Lap 8	3.25	15:34	4:47	3	0:51	17	2:45	26.00	2:02:19	4:42	3	15:18	19	24:15
Lap 9	3.25	16:35	5:06	5	2:06	25	3:27	29.25	2:18:54	4:44	3	16:59	18	27:37
Lap 10	3.25	17:13	5:17	5	1:53	26	4:23	32.50	2:36:07	4:48	3	18:52	18	32:00
Lap 11	3.25	18:01	5:32	5	2:38	35	4:31	35.75	2:54:08	4:52	3	21:30	18	36:31
Lap 12	3.25	18:26	5:40	5	2:36	38	4:29	39.00	3:12:34	4:56	3	24:06	18	41:00
Last lap Finish	3.25	19:47	6:05	5	4:30	63	5:55	42.25	3:32:21	5:01	4	28:32	25	46:32