



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

SLONEK, Marc

Club: -

Number: 791

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:18:54

Speed: 9.73 km/h

Running performance: 6:08 min/km

Rank in course/Total: 94 (of 168)

Rank in course/Men: 85 (of 144)

Best time in course: 2:45:49

Rank in category: 15(of 26)

Best time in the category: 2:51:32

| 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 | 17:20 | 5:19 | 12 | 5:14 | 81 | 6:26 | 3.25 | 17:20 | 5:19 | 12 | 5:14 | 81 | 6:26 |
| Lap 2 | 3.25 | 18:19 | 5:38 | 16 | 5:44 | 101 | 6:32 | 6.50 | 35:39 | 5:29 | 14 | 10:58 | 94 | 12:58 |
| Lap 3 | 3.25 | 18:51 | 5:48 | 17 | 6:04 | 102 | 6:26 | 9.75 | 54:30 | 5:35 | 14 | 17:02 | 97 | 19:24 |
| Lap 4 | 3.25 | 19:16 | 5:55 | 19 | 6:23 | 107 | 6:39 | 13.00 | 1:13:46 | 5:40 | 15 | 23:25 | 99 | 26:03 |
| Lap 5 | 3.25 | 19:35 | 6:01 | 19 | 6:44 | 106 | 7:15 | 16.25 | 1:33:21 | 5:44 | 15 | 30:09 | 99 | 33:18 |
| Lap 6 | 3.25 | 19:41 | 6:03 | 19 | 7:00 | 99 | 7:17 | 19.50 | 1:53:02 | 5:47 | 19 | 37:09 | 102 | 40:35 |
| Lap 7 | 3.25 | 20:23 | 6:16 | 19 | 7:34 | 102 | 7:35 | 22.75 | 2:13:25 | 5:51 | 19 | 44:43 | 102 | 48:10 |
| Lap 8 | 3.25 | 20:14 | 6:13 | 16 | 7:01 | 90 | 7:25 | 26.00 | 2:33:39 | 5:54 | 19 | 51:44 | 102 | 55:35 |
| Lap 9 | 3.25 | 20:41 | 6:21 | 13 | 7:33 | 81 | 7:33 | 29.25 | 2:54:20 | 5:57 | 19 | 59:17 | 99 | 1:03:03 |
| Lap 10 | 3.25 | 20:55 | 6:26 | 16 | 7:25 | 83 | 8:05 | 32.50 | 3:15:15 | 6:00 | 18 | 1:06:42 | 94 | 1:11:08 |
| Lap 11 | 3.25 | 21:38 | 6:39 | 16 | 7:35 | 82 | 8:08 | 35.75 | 3:36:53 | 6:03 | 17 | 1:14:17 | 90 | 1:19:16 |
| Lap 12 | 3.25 | 21:42 | 6:40 | 12 | 7:26 | 77 | 7:45 | 39.00 | 3:58:35 | 6:07 | 17 | 1:21:36 | 90 | 1:27:01 |
| Last lap Finish | 3.25 | 20:19 | 6:15 | 14 | 6:07 | 70 | 6:27 | 42.25 | 4:18:54 | 6:07 | 15 | 1:27:22 | 85 | 1:33:05 |