



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KONRADT, Jochen

Club: -

Number: 700

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 5:03:48

Speed: 8.34 km/h

Running performance: 7:11 min/km

Rank in course/Total: 155 (of 168)

Rank in course/Men: 133 (of 144)

Best time in course: 2:45:49

Rank in category: 20(of 20)

Best time in the category: 3:22:45

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	20:04	6:10	19	4:59	133	9:10	3.25	20:04	6:10	19	4:59	133	9:10
Lap 2	3.25	21:56	6:44	20	7:00	144	10:09	6.50	42:00	6:27	20	11:59	140	19:19
Lap 3	3.25	21:25	6:35	20	6:25	139	9:00	9.75	1:03:25	6:30	20	18:24	140	28:19
Lap 4	3.25	21:16	6:32	17	6:13	133	8:39	13.00	1:24:41	6:30	20	24:37	140	36:58
Lap 5	3.25	21:35	6:38	18	6:30	129	9:15	16.25	1:46:16	6:32	20	31:07	136	46:13
Lap 6	3.25	22:30	6:55	19	7:03	137	10:06	19.50	2:08:46	6:36	20	38:10	136	56:19
Lap 7	3.25	23:33	7:14	20	8:10	133	10:45	22.75	2:32:19	6:41	20	46:20	135	1:07:04
Lap 8	3.25	24:11	7:26	18	8:18	134	11:22	26.00	2:56:30	6:47	20	54:38	135	1:18:26
Lap 9	3.25	25:32	7:51	19	9:56	131	12:24	29.25	3:22:02	6:54	20	1:04:34	136	1:30:45
Lap 10	3.25	24:34	7:33	17	8:10	122	11:44	32.50	3:46:36	6:58	20	1:12:44	134	1:42:29
Lap 11	3.25	25:16	7:46	19	9:01	116	11:46	35.75	4:11:52	7:02	20	1:21:45	133	1:54:15
Lap 12	3.25	25:06	7:43	16	8:48	114	11:09	39.00	4:36:58	7:06	19	1:30:33	131	2:05:24
Last lap Finish	3.25	26:50	8:15	19	10:55	127	12:58	42.25	5:03:48	7:11	20	1:41:03	133	2:17:59