



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

Schürmann, Jens

Club: Kaiserslautern

Number: 802

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:12:41

Speed: 13.08 km/h

Running performance: 4:34 min/km

Rank in course/Total: 8 (of 193)

Rank in course/Men: 8 (of 161)

Best time in course: 2:49:28

Rank in category: 1(of 10)

Best time in the category: 3:12:41

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	14:32	4:28	4	1:15	21	2:42	3.25	14:32	4:28	4	1:15	21	2:42
Lap 2	3.25	14:57	4:35	4	1:13	23	2:30	6.50	29:29	4:32	3	2:28	20	5:12
Lap 3	3.25	14:44	4:31	2	0:30	16	2:13	9.75	44:13	4:32	3	2:58	21	7:25
Lap 4	3.25	14:47	4:32	2	0:20	14	2:02	13.00	59:00	4:32	3	3:18	17	9:27
Lap 5	3.25	14:39	4:30	1	-	13	1:45	16.25	1:13:39	4:31	3	2:52	18	11:12
Lap 6	3.25	0:01	0:00	1	-	1	-	19.50	1:13:40	3:46	1	-	2	0:03
Lap 7	3.25	14:33	4:28	1	-	10	1:12	22.75	1:28:13	3:52	1	-	2	0:19
Lap 8	3.25	14:27	4:26	1	-	7	14:26	26.00	1:42:40	3:56	1	-	3	14:45
Lap 9	3.25	14:26	4:26	1	-	5	1:07	29.25	1:57:06	4:00	1	-	3	14:08
Lap 10	3.25	14:12	4:22	1	-	3	0:45	32.50	2:11:18	4:02	1	-	3	12:27
Lap 11	3.25	14:42	4:31	1	-	5	1:34	35.75	2:26:00	4:05	1	-	3	10:24
Lap 12	3.25	15:28	4:45	1	-	8	2:15	39.00	2:41:28	4:08	1	-	3	8:36
Last lap Finish	3.25	31:13	9:36	10	14:44	159	18:08	42.25	3:12:41	4:33	1	-	8	23:13