



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schüppel, Stephan

Club: Getting Tough e.V.

Number: 801

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:16:40

Speed: 12.81 km/h

Running performance: 4:39 min/km

Rank in course/Total: 11 (of 193)

Rank in course/Men: 11 (of 161)

Best time in course: 2:49:28

Rank in category: 1(of 35)

Best time in the category: 3:16:40

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	14:53	4:34	2	0:09	30	3:03	3.25	14:53	4:34	2	0:09	30	3:03
Lap 2	3.25	14:36	4:29	1	-	17	2:09	6.50	29:29	4:32	1	-	20	5:12
Lap 3	3.25	14:44	4:31	1	-	16	2:13	9.75	44:13	4:32	1	-	21	7:25
Lap 4	3.25	14:47	4:32	1	-	14	2:02	13.00	59:00	4:32	1	-	17	9:27
Lap 5	3.25	14:40	4:30	1	-	14	1:46	16.25	1:13:40	4:31	1	-	19	11:13
Lap 6	3.25	14:33	4:28	1	-	10	14:32	19.50	1:28:13	4:31	1	-	18	14:36
Lap 7	3.25	14:27	4:26	1	-	9	1:06	22.75	1:42:40	4:30	1	-	14	14:46
Lap 8	3.25	14:26	4:26	1	-	6	14:25	26.00	1:57:06	4:30	1	-	11	29:11
Lap 9	3.25	14:56	4:35	1	-	7	1:37	29.25	2:12:02	4:30	1	-	11	29:04
Lap 10	3.25	15:20	4:43	1	-	8	1:53	32.50	2:27:22	4:32	1	-	11	28:31
Lap 11	3.25	15:50	4:52	2	0:07	11	2:42	35.75	2:43:12	4:33	1	-	11	27:36
Lap 12	3.25	16:22	5:02	2	0:59	12	3:09	39.00	2:59:34	4:36	1	-	12	26:42
Last lap Finish	3.25	17:06	5:15	4	1:55	24	4:01	42.25	3:16:40	4:39	1	-	11	27:12