



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Pommer, Mario

Club: Meddys LWT Koblenz

Number: 764

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:18:34

Speed: 12.69 km/h

Running performance: 4:42 min/km

Rank in course/Total: 12 (of 193)

Rank in course/Men: 12 (of 161)

Best time in course: 2:49:28

Rank in category: 2(of 22)

Best time in the category: 3:15:14

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	14:25	4:26	2	0:48	18	2:35	3.25	14:25	4:26	2	0:48	18	2:35
Lap 2	3.25	14:49	4:33	2	1:41	20	2:22	6.50	29:14	4:29	2	2:29	17	4:57
Lap 3	3.25	14:49	4:33	2	1:05	19	2:18	9.75	44:03	4:31	2	3:34	18	7:15
Lap 4	3.25	15:22	4:43	2	1:41	24	2:37	13.00	59:25	4:34	2	5:15	22	9:52
Lap 5	3.25	15:05	4:38	2	1:14	17	2:11	16.25	1:14:30	4:35	2	6:29	22	12:03
Lap 6	3.25	15:14	4:41	2	1:26	18	15:13	19.50	1:29:44	4:36	2	7:55	22	16:07
Lap 7	3.25	15:04	4:38	2	1:02	15	1:43	22.75	1:44:48	4:36	2	8:57	22	16:54
Lap 8	3.25	15:15	4:41	2	0:35	13	15:14	26.00	2:00:03	4:37	2	9:32	19	32:08
Lap 9	3.25	15:21	4:43	2	0:14	12	2:02	29.25	2:15:24	4:37	2	9:46	14	32:26
Lap 10	3.25	15:36	4:47	2	0:11	10	2:09	32.50	2:31:00	4:38	2	9:08	13	32:09
Lap 11	3.25	15:43	4:50	1	-	9	2:35	35.75	2:46:43	4:39	2	7:51	14	31:07
Lap 12	3.25	16:02	4:56	2	0:05	11	2:49	39.00	3:02:45	4:41	2	6:21	13	29:53
Last lap Finish	3.25	15:49	4:51	1	-	11	2:44	42.25	3:18:34	4:41	2	3:20	12	29:06