



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Flick, Markus

Club: SF Ennepetal

Number: 649

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:19:14

Speed: 12.65 km/h

Running performance: 4:43 min/km

Rank in course/Total: 14 (of 193)

Rank in course/Men: 14 (of 161)

Best time in course: 2:49:28

Rank in category: 2(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	14:44	4:31	1	-	26	2:54	3.25	14:44	4:31	1	-	26	2:54
Lap 2	3.25	15:02	4:37	2	0:26	27	2:35	6.50	29:46	4:34	2	0:17	25	5:29
Lap 3	3.25	15:12	4:40	2	0:28	25	2:41	9.75	44:58	4:36	2	0:45	24	8:10
Lap 4	3.25	15:25	4:44	2	0:38	25	2:40	13.00	1:00:23	4:38	2	1:23	25	10:50
Lap 5	3.25	15:17	4:42	2	0:37	24	2:23	16.25	1:15:40	4:39	2	2:00	26	13:13
Lap 6	3.25	15:22	4:43	2	0:49	25	15:21	19.50	1:31:02	4:40	2	2:49	24	17:25
Lap 7	3.25	15:10	4:39	2	0:43	17	1:49	22.75	1:46:12	4:40	2	3:32	24	18:18
Lap 8	3.25	15:25	4:44	2	0:59	17	15:24	26.00	2:01:37	4:40	2	4:31	23	33:42
Lap 9	3.25	15:26	4:44	2	0:30	13	2:07	29.25	2:17:03	4:41	2	5:01	22	34:05
Lap 10	3.25	15:54	4:53	2	0:34	14	2:27	32.50	2:32:57	4:42	2	5:35	19	34:06
Lap 11	3.25	15:43	4:50	1	-	9	2:35	35.75	2:48:40	4:43	2	5:28	16	33:04
Lap 12	3.25	15:23	4:44	1	-	7	2:10	39.00	3:04:03	4:43	2	4:29	15	31:11
Last lap Finish	3.25	15:11	4:40	1	-	7	2:06	42.25	3:19:14	4:42	2	2:34	14	29:46