13. Kristall-Marathon
Merkers / 17.02.2019

Detailed evaluation

Ziegler, Dennis

Club: Kassel
Number: 846

Course: 42.25 km
Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:26:05

Speed: 12.30 km/h
Running performance: 4:53 min/km

Rank in course/Total: 22 (of 193)
Rank in course/Men: 22 (of 161)
Best time in course: 2:49:28

Rank in category: 10(of 27)
Best time in the category: 2:58:14

Intermediate times

Control	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	13:17	4:05	4	1:27	8	1:27	3.25	13:17	4:05	4	1:27	8	1:27
Lap 2	3.25	14:07	4:20	5	1:40	12	1:40	6.50	27:24	4:12	5	3:07	12	3:07
Lap 3	3.25	14:18	4:24	5	1:34	12	1:47	9.75	41:42	4:16	5	4:41	12	4:54
Lap 4	3.25	14:57	4:35	7	1:49	18	2:12	13.00	56:39	4:21	5	6:30	12	7:06
Lap 5	3.25	15:03	4:37	6	1:28	16	2:09	16.25	1:11:42	4:24	5	7:35	12	9:15
Lap 6	3.25	15:19	4:42	8	1:42	20	15:18	19.50	1:27:01	4:27	5	8:21	14	13:24
Lap 7	3.25	15:49	4:51	12	1:56	29	2:28	22.75	1:42:50	4:31	6	9:22	15	14:56
Lap 8	3.25	16:14	4:59	11	1:51	31	16:13	26.00	1:59:04	4:34	6	11:02	16	31:09
Lap 9	3.25	16:34	5:05	10	2:17	29	3:15	29.25	2:15:38	4:38	7	13:19	17	32:40
Lap 10	3.25	16:46	5:09	10	2:56	25	3:19	32.50	2:32:24	4:41	7	16:15	16	33:33
Lap 11	3.25	17:32	5:23	12	3:44	32	4:24	35.75	2:49:56	4:45	7	19:59	20	34:20
Lap 12	3.25	17:22	5:20	8	2:56	22	4:09	39.00	3:07:18	4:48	8	22:55	21	34:26
Last lap Finish	3.25	18:47	5:46	14	4:56	45	5:42	42.25	3:26:05	4:52	10	27:51	22	36:37