



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Zwingmann, Andre

Club: Adidas Runners Frankfurt

Number: 848

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:27:01

Speed: 12.17 km/h

Running performance: 4:54 min/km

Rank in course/Total: 23 (of 193)

Rank in course/Men: 23 (of 161)

Best time in course: 2:49:28

Rank in category: 2(of 28)

Best time in the category: 2:57:49

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Pos Men	Behind Men							
Lap 1	3.25	14:11	4:21	3	2:00	16	2:21	3.25	14:11	4:21	3	2:00	16	2:21
Lap 2	3.25	14:56	4:35	4	2:24	22	2:29	6.50	29:07	4:28	3	4:24	16	4:50
Lap 3	3.25	15:01	4:37	4	2:16	23	2:30	9.75	44:08	4:31	3	6:40	19	7:20
Lap 4	3.25	14:53	4:34	3	2:03	17	2:08	13.00	59:01	4:32	3	8:43	19	9:28
Lap 5	3.25	14:35	4:29	2	1:36	12	1:41	16.25	1:13:36	4:31	3	10:19	17	11:09
Lap 6	3.25	0:01	0:00	1	-	1	-	19.50	1:13:37	3:46	1	-	1	-
Lap 7	3.25	14:17	4:23	2	0:51	8	0:56	22.75	1:27:54	3:51	1	-	1	-
Lap 8	3.25	0:01	0:00	1	-	1	-	26.00	1:27:55	3:22	1	-	1	-
Lap 9	3.25	15:03	4:37	2	0:53	9	1:44	29.25	1:42:58	3:31	1	-	1	-
Lap 10	3.25	15:53	4:53	2	1:27	13	2:26	32.50	1:58:51	3:39	1	-	1	-
Lap 11	3.25	16:45	5:09	2	1:42	19	3:37	35.75	2:15:36	3:47	1	-	1	-
Lap 12	3.25	17:16	5:18	2	1:42	20	4:03	39.00	2:32:52	3:55	1	-	1	-
Last lap Finish	3.25	54:09	16:39	28	38:56	160	41:04	42.25	3:27:01	4:53	2	29:12	23	37:33