



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hermann, Maik

Club: Rennsteiglaufverein

Number: 679

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:28:42

Speed: 12.07 km/h

Running performance: 4:56 min/km

Rank in course/Total: 25 (of 193)

Rank in course/Men: 25 (of 161)

Best time in course: 2:49:28

Rank in category: 11(of 27)

Best time in the category: 2:58:14

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking		
	km	Time			min/km	Cat.			Men	Men			km	Time	min/km
Lap 1	3.25	14:48	4:33	10	2:58	27	2:58		3.25	14:48	4:33	10	2:58	27	2:58
Lap 2	3.25	15:07	4:39	11	2:40	30	2:40		6.50	29:55	4:36	11	5:38	30	5:38
Lap 3	3.25	15:05	4:38	9	2:21	24	2:34		9.75	45:00	4:36	10	7:59	27	8:12
Lap 4	3.25	15:12	4:40	10	2:04	23	2:27		13.00	1:00:12	4:37	9	10:03	24	10:39
Lap 5	3.25	15:24	4:44	10	1:49	27	2:30		16.25	1:15:36	4:39	9	11:29	24	13:09
Lap 6	3.25	15:30	4:46	11	1:53	28	15:29		19.50	1:31:06	4:40	10	12:26	27	17:29
Lap 7	3.25	15:46	4:51	10	1:53	27	2:25		22.75	1:46:52	4:41	10	13:24	27	18:58
Lap 8	3.25	16:12	4:59	10	1:49	30	16:11		26.00	2:03:04	4:44	11	15:02	28	35:09
Lap 9	3.25	16:37	5:06	12	2:20	32	3:18		29.25	2:19:41	4:46	11	17:22	28	36:43
Lap 10	3.25	17:36	5:24	13	3:46	37	4:09		32.50	2:37:17	4:50	12	21:08	27	38:26
Lap 11	3.25	16:58	5:13	8	3:10	21	3:50		35.75	2:54:15	4:52	12	24:18	27	38:39
Lap 12	3.25	18:17	5:37	11	3:51	32	5:04		39.00	3:12:32	4:56	12	28:09	27	39:40
Last lap Finish	3.25	16:10	4:58	5	2:19	13	3:05		42.25	3:28:42	4:56	11	30:28	25	39:14