



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ernst, Marcel

Club: Lauffeuer Fröttstädt

Number: 637

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:30:54

Speed: 11.95 km/h

Running performance: 4:59 min/km

Rank in course/Total: 28 (of 193)

Rank in course/Men: 28 (of 161)

Best time in course: 2:49:28

Rank in category: 3(of 10)

Best time in the category: 3:12:41

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	13:17	4:05	1	-	8	1:27	3.25	13:17	4:05	1	-	8	1:27
Lap 2	3.25	13:44	4:13	1	-	9	1:17	6.50	27:01	4:09	1	-	10	2:44
Lap 3	3.25	14:14	4:22	1	-	9	1:43	9.75	41:15	4:13	1	-	10	4:27
Lap 4	3.25	14:27	4:26	1	-	11	1:42	13.00	55:42	4:17	1	-	9	6:09
Lap 5	3.25	15:05	4:38	3	0:26	17	2:11	16.25	1:10:47	4:21	1	-	10	8:20
Lap 6	3.25	15:19	4:42	3	15:18	20	15:18	19.50	1:26:06	4:24	2	12:26	12	12:29
Lap 7	3.25	15:44	4:50	3	1:11	25	2:23	22.75	1:41:50	4:28	2	13:37	12	13:56
Lap 8	3.25	16:29	5:04	5	2:02	35	16:28	26.00	1:58:19	4:33	2	15:39	14	30:24
Lap 9	3.25	17:18	5:19	5	2:52	38	3:59	29.25	2:15:37	4:38	2	18:31	16	32:39
Lap 10	3.25	18:10	5:35	4	3:58	42	4:43	32.50	2:33:47	4:43	2	22:29	23	34:56
Lap 11	3.25	19:20	5:56	6	4:38	55	6:12	35.75	2:53:07	4:50	2	27:07	26	37:31
Lap 12	3.25	19:12	5:54	5	3:44	53	5:59	39.00	3:12:19	4:55	2	30:51	26	39:27
Last lap Finish	3.25	18:35	5:43	5	2:06	42	5:30	42.25	3:30:54	4:59	3	18:13	28	41:26