



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Köpke, Arne

Club: LLC Marathon Regensburg

Number: 710

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:37:37

Speed: 11.58 km/h

Running performance: 5:09 min/km

Rank in course/Total: 33 (of 193)

Rank in course/Men: 33 (of 161)

Best time in course: 2:49:28

Rank in category: 4(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	15:51	4:52	7	1:07	45	4:01	3.25	15:51	4:52	7	1:07	45	4:01
Lap 2	3.25	16:18	5:00	6	1:42	46	3:51	6.50	32:09	4:56	8	2:40	45	7:52
Lap 3	3.25	15:35	4:47	3	0:51	31	3:04	9.75	47:44	4:53	6	3:31	39	10:56
Lap 4	3.25	16:07	4:57	6	1:20	39	3:22	13.00	1:03:51	4:54	6	4:51	40	14:18
Lap 5	3.25	16:21	5:01	6	1:41	38	3:27	16.25	1:20:12	4:56	5	6:32	38	17:45
Lap 6	3.25	18:00	5:32	13	3:27	76	17:59	19.50	1:38:12	5:02	6	9:59	43	24:35
Lap 7	3.25	16:47	5:09	5	2:20	41	3:26	22.75	1:54:59	5:03	5	12:19	42	27:05
Lap 8	3.25	16:21	5:01	4	1:55	32	16:20	26.00	2:11:20	5:03	5	14:14	39	43:25
Lap 9	3.25	16:20	5:01	4	1:24	27	3:01	29.25	2:27:40	5:02	4	15:38	35	44:42
Lap 10	3.25	17:29	5:22	5	2:09	35	4:02	32.50	2:45:09	5:04	4	17:47	35	46:18
Lap 11	3.25	18:04	5:33	6	2:21	35	4:56	35.75	3:03:13	5:07	4	20:01	35	47:37
Lap 12	3.25	17:37	5:25	4	2:14	26	4:24	39.00	3:20:50	5:08	4	21:16	35	47:58
Last lap Finish	3.25	16:47	5:09	3	1:36	21	3:42	42.25	3:37:37	5:09	4	20:57	33	48:09