



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Mühlwald, Alex

Club: Marathon Club Ireland

Number: 745

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:37:48

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 34 (of 193)

Rank in course/Men: 34 (of 161)

Best time in course: 2:49:28

Rank in category: 5(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	17:20	5:19	16	2:36	80	5:30	3.25	17:20	5:19	16	2:36	80	5:30
Lap 2	3.25	17:11	5:17	16	2:35	77	4:44	6.50	34:31	5:18	15	5:02	75	10:14
Lap 3	3.25	16:48	5:10	9	2:04	57	4:17	9.75	51:19	5:15	14	7:06	70	14:31
Lap 4	3.25	16:59	5:13	9	2:12	57	4:14	13.00	1:08:18	5:15	13	9:18	66	18:45
Lap 5	3.25	16:45	5:09	7	2:05	45	3:51	16.25	1:25:03	5:14	13	11:23	62	22:36
Lap 6	3.25	16:32	5:05	5	1:59	40	16:31	19.50	1:41:35	5:12	10	13:22	57	27:58
Lap 7	3.25	16:27	5:03	4	2:00	35	3:06	22.75	1:58:02	5:11	9	15:22	54	30:08
Lap 8	3.25	16:40	5:07	5	2:14	36	16:39	26.00	2:14:42	5:10	7	17:36	49	46:47
Lap 9	3.25	16:40	5:07	5	1:44	33	3:21	29.25	2:31:22	5:10	6	19:20	44	48:24
Lap 10	3.25	16:41	5:08	4	1:21	24	3:14	32.50	2:48:03	5:10	6	20:41	41	49:12
Lap 11	3.25	16:33	5:05	3	0:50	16	3:25	35.75	3:04:36	5:09	6	21:24	39	49:00
Lap 12	3.25	16:43	5:08	3	1:20	17	3:30	39.00	3:21:19	5:09	5	21:45	36	48:27
Last lap Finish	3.25	16:29	5:04	2	1:18	17	3:24	42.25	3:37:48	5:09	5	21:08	34	48:20