



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Merten, Torsten

Club: 1.FC Köln

Number: 738

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:38:50

Speed: 11.52 km/h

Running performance: 5:11 min/km

Rank in course/Total: 35 (of 193)

Rank in course/Men: 35 (of 161)

Best time in course: 2:49:28

Rank in category: 4(of 28)

Best time in the category: 2:57:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	17:36	5:24	14	5:25	81	5:46	3.25	17:36	5:24	14	5:25	81	5:46	
Lap 2	3.25	16:24	5:02	8	3:52	51	3:57	6.50	34:00	5:13	10	9:17	69	9:43	
Lap 3	3.25	16:30	5:04	8	3:45	50	3:59	9.75	50:30	5:10	9	13:02	62	13:42	
Lap 4	3.25	16:11	4:58	7	3:21	42	3:26	13.00	1:06:41	5:07	8	16:23	55	17:08	
Lap 5	3.25	16:25	5:03	7	3:26	40	3:31	16.25	1:23:06	5:06	8	19:49	52	20:39	
Lap 6	3.25	16:04	4:56	5	16:03	35	16:03	19.50	1:39:10	5:05	7	25:33	48	25:33	
Lap 7	3.25	16:34	5:05	5	3:08	39	3:13	22.75	1:55:44	5:05	7	27:50	46	27:50	
Lap 8	3.25	16:44	5:08	4	16:43	38	16:43	26.00	2:12:28	5:05	7	44:33	42	44:33	
Lap 9	3.25	16:56	5:12	4	2:46	37	3:37	29.25	2:29:24	5:06	7	46:26	40	46:26	
Lap 10	3.25	17:26	5:21	4	3:00	34	3:59	32.50	2:46:50	5:08	6	47:59	39	47:59	
Lap 11	3.25	17:20	5:19	4	2:17	29	4:12	35.75	3:04:10	5:09	5	48:34	37	48:34	
Lap 12	3.25	17:32	5:23	3	1:58	24	4:19	39.00	3:21:42	5:10	5	48:50	37	48:50	
Last lap Finish	3.25	17:08	5:16	3	1:55	25	4:03	42.25	3:38:50	5:10	4	41:01	35	49:22	