



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schymanski, Nico

Club: Tri-Force Fulda

Number: 806

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:41:01

Speed: 11.47 km/h

Running performance: 5:14 min/km

Rank in course/Total: 38 (of 193)

Rank in course/Men: 38 (of 161)

Best time in course: 2:49:28

Rank in category: 5(of 28)

Best time in the category: 2:57:49

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	13:07	4:02	2	0:56	7	1:17	3.25	13:07	4:02	2	0:56	7	1:17
Lap 2	3.25	13:44	4:13	2	1:12	9	1:17	6.50	26:51	4:07	2	2:08	9	2:34
Lap 3	3.25	14:16	4:23	2	1:31	11	1:45	9.75	41:07	4:13	2	3:39	9	4:19
Lap 4	3.25	14:36	4:29	2	1:46	12	1:51	13.00	55:43	4:17	2	5:25	10	6:10
Lap 5	3.25	15:05	4:38	3	2:06	17	2:11	16.25	1:10:48	4:21	2	7:31	11	8:21
Lap 6	3.25	15:50	4:52	4	15:49	33	15:49	19.50	1:26:38	4:26	3	13:01	13	13:01
Lap 7	3.25	16:31	5:04	4	3:05	37	3:10	22.75	1:43:09	4:32	3	15:15	16	15:15
Lap 8	3.25	17:51	5:29	8	17:50	50	17:50	26.00	2:01:00	4:39	3	33:05	22	33:05
Lap 9	3.25	17:56	5:31	7	3:46	44	4:37	29.25	2:18:56	4:44	4	35:58	26	35:58
Lap 10	3.25	18:23	5:39	7	3:57	45	4:56	32.50	2:37:19	4:50	4	38:28	28	38:28
Lap 11	3.25	19:05	5:52	8	4:02	49	5:57	35.75	2:56:24	4:56	4	40:48	30	40:48
Lap 12	3.25	20:20	6:15	10	4:46	76	7:07	39.00	3:16:44	5:02	4	43:52	31	43:52
Last lap Finish	3.25	24:17	7:28	23	9:04	129	11:12	42.25	3:41:01	5:13	5	43:12	38	51:33