



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Thomas, Brent

Club: Meddys LWT Koblenz

Number: 829

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:43:09

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 41 (of 193)

Rank in course/Men: 40 (of 161)

Best time in course: 2:49:28

Rank in category: 6(of 35)

Best time in the category: 3:16:40

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Stage score | | Pos | Behind | Total | | Pos | Behind | Total ranking | | |
|-----------------|-------|-------|------|--------|-------------|------|-------|--------|-------|---------|------|--------|---------------|------|--------|
| | km | Time | | | min/km | Cat. | | | Men | Men | | | km | Time | min/km |
| Lap 1 | 3.25 | 15:44 | 4:50 | 5 | 1:00 | 40 | 3:54 | | 3.25 | 15:44 | 4:50 | 5 | 1:00 | 40 | 3:54 |
| Lap 2 | 3.25 | 15:42 | 4:49 | 5 | 1:06 | 37 | 3:15 | | 6.50 | 31:26 | 4:50 | 4 | 1:57 | 38 | 7:09 |
| Lap 3 | 3.25 | 15:53 | 4:53 | 5 | 1:09 | 35 | 3:22 | | 9.75 | 47:19 | 4:51 | 5 | 3:06 | 38 | 10:31 |
| Lap 4 | 3.25 | 16:11 | 4:58 | 7 | 1:24 | 42 | 3:26 | | 13.00 | 1:03:30 | 4:53 | 5 | 4:30 | 38 | 13:57 |
| Lap 5 | 3.25 | 16:13 | 4:59 | 4 | 1:33 | 33 | 3:19 | | 16.25 | 1:19:43 | 4:54 | 4 | 6:03 | 37 | 17:16 |
| Lap 6 | 3.25 | 16:37 | 5:06 | 6 | 2:04 | 41 | 16:36 | | 19.50 | 1:36:20 | 4:56 | 4 | 8:07 | 38 | 22:43 |
| Lap 7 | 3.25 | 17:05 | 5:15 | 7 | 2:38 | 46 | 3:44 | | 22.75 | 1:53:25 | 4:59 | 4 | 10:45 | 38 | 25:31 |
| Lap 8 | 3.25 | 17:26 | 5:21 | 6 | 3:00 | 42 | 17:25 | | 26.00 | 2:10:51 | 5:01 | 4 | 13:45 | 37 | 42:56 |
| Lap 9 | 3.25 | 17:44 | 5:27 | 6 | 2:48 | 39 | 4:25 | | 29.25 | 2:28:35 | 5:04 | 5 | 16:33 | 37 | 45:37 |
| Lap 10 | 3.25 | 18:01 | 5:32 | 7 | 2:41 | 41 | 4:34 | | 32.50 | 2:46:36 | 5:07 | 5 | 19:14 | 37 | 47:45 |
| Lap 11 | 3.25 | 17:54 | 5:30 | 5 | 2:11 | 34 | 4:46 | | 35.75 | 3:04:30 | 5:09 | 5 | 21:18 | 38 | 48:54 |
| Lap 12 | 3.25 | 19:00 | 5:50 | 8 | 3:37 | 44 | 5:47 | | 39.00 | 3:23:30 | 5:13 | 6 | 23:56 | 40 | 50:38 |
| Last lap Finish | 3.25 | 19:39 | 6:02 | 14 | 4:28 | 71 | 6:34 | | 42.25 | 3:43:09 | 5:16 | 6 | 26:29 | 40 | 53:41 |