



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Helle, Simon

Club: K+S Gastro Konzept GmbH

Number: 675

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:46:50

Speed: 11.11 km/h

Running performance: 5:22 min/km

Rank in course/Total: 45 (of 193)

Rank in course/Men: 43 (of 161)

Best time in course: 2:49:28

Rank in category: 14(of 27)

Best time in the category: 2:58:14

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	15:57	4:54	14	4:07	48	4:07	3.25	15:57	4:54	14	4:07	48	4:07
Lap 2	3.25	15:58	4:54	14	3:31	41	3:31	6.50	31:55	4:54	14	7:38	42	7:38
Lap 3	3.25	16:02	4:56	12	3:18	39	3:31	9.75	47:57	4:55	14	10:56	41	11:09
Lap 4	3.25	16:23	5:02	13	3:15	45	3:38	13.00	1:04:20	4:56	14	14:11	42	14:47
Lap 5	3.25	16:18	5:00	12	2:43	36	3:24	16.25	1:20:38	4:57	13	16:31	41	18:11
Lap 6	3.25	16:39	5:07	14	3:02	43	16:38	19.50	1:37:17	4:59	13	18:37	40	23:40
Lap 7	3.25	17:19	5:19	14	3:26	50	3:58	22.75	1:54:36	5:02	13	21:08	39	26:42
Lap 8	3.25	17:45	5:27	13	3:22	48	17:44	26.00	2:12:21	5:05	13	24:19	41	44:26
Lap 9	3.25	17:57	5:31	14	3:40	45	4:38	29.25	2:30:18	5:08	13	27:59	43	47:20
Lap 10	3.25	19:08	5:53	17	5:18	61	5:41	32.50	2:49:26	5:12	13	33:17	44	50:35
Lap 11	3.25	18:18	5:37	13	4:30	38	5:10	35.75	3:07:44	5:15	13	37:47	43	52:08
Lap 12	3.25	20:03	6:10	19	5:37	69	6:50	39.00	3:27:47	5:19	14	43:24	43	54:55
Last lap Finish	3.25	19:03	5:51	15	5:12	50	5:58	42.25	3:46:50	5:22	14	48:36	43	57:22