



# 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: 11.18 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |