



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hartmann, Frederik

Club: TV Refrath

Number: 671

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:48:47

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 48 (of 193)

Rank in course/Men: 46 (of 161)

Best time in course: 2:49:28

Rank in category: 7(of 35)

Best time in the category: 3:16:40

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	15:58	4:54	9	1:14	49	4:08	3.25	15:58	4:54	9	1:14	49	4:08
Lap 2	3.25	15:37	4:48	4	1:01	36	3:10	6.50	31:35	4:51	5	2:06	39	7:18
Lap 3	3.25	15:35	4:47	3	0:51	31	3:04	9.75	47:10	4:50	4	2:57	37	10:22
Lap 4	3.25	15:54	4:53	4	1:07	33	3:09	13.00	1:03:04	4:51	4	4:04	37	13:31
Lap 5	3.25	17:41	5:26	12	3:01	73	4:47	16.25	1:20:45	4:58	6	7:05	42	18:18
Lap 6	3.25	16:55	5:12	7	2:22	53	16:54	19.50	1:37:40	5:00	5	9:27	41	24:03
Lap 7	3.25	17:54	5:30	13	3:27	66	4:33	22.75	1:55:34	5:04	6	12:54	44	27:40
Lap 8	3.25	18:35	5:43	13	4:09	70	18:34	26.00	2:14:09	5:09	6	17:03	48	46:14
Lap 9	3.25	18:55	5:49	12	3:59	67	5:36	29.25	2:33:04	5:13	7	21:02	51	50:06
Lap 10	3.25	19:16	5:55	14	3:56	65	5:49	32.50	2:52:20	5:18	8	24:58	51	53:29
Lap 11	3.25	18:59	5:50	10	3:16	46	5:51	35.75	3:11:19	5:21	8	28:07	50	55:43
Lap 12	3.25	19:10	5:53	9	3:47	49	5:57	39.00	3:30:29	5:23	7	30:55	48	57:37
Last lap Finish	3.25	18:18	5:37	6	3:07	37	5:13	42.25	3:48:47	5:24	7	32:07	46	59:19