



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Henninger, Johannes

Club: SGB Stadtsteinach

Number: 677

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:50:52

Speed: 10.92 km/h

Running performance: 5:28 min/km

Rank in course/Total: 53 (of 193)

Rank in course/Men: 51 (of 161)

Best time in course: 2:49:28

Rank in category: 8(of 10)

Best time in the category: 3:12:41

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	15:43	4:50	6	2:26	39	3:53	3.25	15:43	4:50	6	2:26	39	3:53
Lap 2	3.25	16:50	5:10	10	3:06	64	4:23	6.50	32:33	5:00	7	5:32	49	8:16
Lap 3	3.25	16:46	5:09	10	2:32	55	4:15	9.75	49:19	5:03	8	8:04	51	12:31
Lap 4	3.25	16:43	5:08	10	2:16	51	3:58	13.00	1:06:02	5:04	8	10:20	48	16:29
Lap 5	3.25	16:25	5:03	7	1:46	40	3:31	16.25	1:22:27	5:04	9	11:40	47	20:00
Lap 6	3.25	17:31	5:23	10	17:30	63	17:30	19.50	1:39:58	5:07	10	26:18	50	26:21
Lap 7	3.25	17:37	5:25	9	3:04	59	4:16	22.75	1:57:35	5:10	10	29:22	52	29:41
Lap 8	3.25	18:31	5:41	10	4:04	66	18:30	26.00	2:16:06	5:14	10	33:26	55	48:11
Lap 9	3.25	18:32	5:42	9	4:06	57	5:13	29.25	2:34:38	5:17	10	37:32	54	51:40
Lap 10	3.25	19:08	5:53	7	4:56	61	5:41	32.50	2:53:46	5:20	10	42:28	54	54:55
Lap 11	3.25	20:01	6:09	8	5:19	77	6:53	35.75	3:13:47	5:25	10	47:47	54	58:11
Lap 12	3.25	19:08	5:53	4	3:40	46	5:55	39.00	3:32:55	5:27	9	51:27	53	1:00:03
Last lap Finish	3.25	17:57	5:31	3	1:28	34	4:52	42.25	3:50:52	5:27	8	38:11	51	1:01:24