



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rubarth, Wolfgang

Club: SKV Mörfelden Team MöWathlon
Number: 780

Course: 42.25 km
Marathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:55:15

Speed: 10.78 km/h
Running performance: 5:34 min/km

Rank in course/Total: 65 (of 193)

Rank in course/Men: 60 (of 161)

Best time in course: 2:49:28

Rank in category: 1(of 7)

Best time in the category: 3:55:15

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	17:40	5:26	2	1:33	82	5:50	3.25	17:40	5:26	2	1:33	82	5:50
Lap 2	3.25	16:34	5:05	1	-	55	4:07	6.50	34:14	5:15	2	0:53	73	9:57
Lap 3	3.25	16:50	5:10	1	-	60	4:19	9.75	51:04	5:14	1	-	66	14:16
Lap 4	3.25	17:11	5:17	1	-	66	4:26	13.00	1:08:15	5:15	1	-	64	18:42
Lap 5	3.25	17:15	5:18	1	-	63	4:21	16.25	1:25:30	5:15	1	-	64	23:03
Lap 6	3.25	17:38	5:25	1	-	68	17:37	19.50	1:43:08	5:17	1	-	64	29:31
Lap 7	3.25	17:51	5:29	1	-	64	4:30	22.75	2:00:59	5:19	1	-	64	33:05
Lap 8	3.25	17:58	5:31	1	-	55	17:57	26.00	2:18:57	5:20	1	-	62	51:02
Lap 9	3.25	18:40	5:44	1	-	62	5:21	29.25	2:37:37	5:23	1	-	61	54:39
Lap 10	3.25	18:55	5:49	1	-	54	5:28	32.50	2:56:32	5:25	1	-	61	57:41
Lap 11	3.25	19:52	6:06	1	-	68	6:44	35.75	3:16:24	5:29	1	-	62	1:00:48
Lap 12	3.25	19:10	5:53	1	-	49	5:57	39.00	3:35:34	5:31	1	-	60	1:02:42
Last lap Finish	3.25	19:41	6:03	1	-	72	6:36	42.25	3:55:15	5:34	1	-	60	1:05:47