



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ullrich, Andre

Club: Wittmund

Number: 834

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:02:57

Speed: 10.37 km/h

Running performance: 5:45 min/km

Rank in course/Total: 78 (of 193)

Rank in course/Men: 71 (of 161)

Best time in course: 2:49:28

Rank in category: 7(of 22)

Best time in the category: 3:15:14

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	16:17	5:00	6	2:40	56	4:27	3.25	16:17	5:00	6	2:40	56	4:27
Lap 2	3.25	17:25	5:21	10	4:17	84	4:58	6.50	33:42	5:11	7	6:57	63	9:25
Lap 3	3.25	17:40	5:26	10	3:56	87	5:09	9.75	51:22	5:16	7	10:53	71	14:34
Lap 4	3.25	18:04	5:33	10	4:23	87	5:19	13.00	1:09:26	5:20	7	15:16	74	19:53
Lap 5	3.25	18:00	5:32	9	4:09	82	5:06	16.25	1:27:26	5:22	9	19:25	76	24:59
Lap 6	3.25	18:36	5:43	8	4:48	87	18:35	19.50	1:46:02	5:26	9	24:13	77	32:25
Lap 7	3.25	18:29	5:41	9	4:27	85	5:08	22.75	2:04:31	5:28	9	28:40	76	36:37
Lap 8	3.25	18:35	5:43	7	3:55	70	18:34	26.00	2:23:06	5:30	9	32:35	75	55:11
Lap 9	3.25	18:31	5:41	6	3:24	56	5:12	29.25	2:41:37	5:31	8	35:59	72	58:39
Lap 10	3.25	19:14	5:55	6	3:49	63	5:47	32.50	3:00:51	5:33	8	38:59	72	1:02:00
Lap 11	3.25	19:55	6:07	9	4:12	71	6:47	35.75	3:20:46	5:36	8	41:54	72	1:05:10
Lap 12	3.25	20:47	6:23	10	4:50	84	7:34	39.00	3:41:33	5:40	7	45:09	71	1:08:41
Last lap Finish	3.25	21:24	6:35	12	5:35	97	8:19	42.25	4:02:57	5:45	7	47:43	71	1:13:29