



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Dieter, Frank

Club: Bärenherz

Number: 631

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:04:10

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 79 (of 193)

Rank in course/Men: 72 (of 161)

Best time in course: 2:49:28

Rank in category: 2(of 20)

Best time in the category: 3:36:40

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	17:05	5:15	6	1:46	70	5:15	3.25	17:05	5:15	6	1:46	70	5:15
Lap 2	3.25	17:43	5:27	6	1:27	91	5:16	6.50	34:48	5:21	6	3:13	81	10:31
Lap 3	3.25	18:19	5:38	9	2:56	102	5:48	9.75	53:07	5:26	6	5:08	85	16:19
Lap 4	3.25	18:12	5:35	6	2:38	90	5:27	13.00	1:11:19	5:29	6	7:46	88	21:46
Lap 5	3.25	17:55	5:30	2	2:16	80	5:01	16.25	1:29:14	5:29	6	10:02	87	26:47
Lap 6	3.25	17:54	5:30	2	2:06	73	17:53	19.50	1:47:08	5:29	6	12:08	84	33:31
Lap 7	3.25	19:29	5:59	7	3:28	99	6:08	22.75	2:06:37	5:33	6	15:36	87	38:43
Lap 8	3.25	19:39	6:02	7	3:46	93	19:38	26.00	2:26:16	5:37	6	19:22	89	58:21
Lap 9	3.25	19:28	5:59	3	3:13	81	6:09	29.25	2:45:44	5:39	6	22:35	84	1:02:46
Lap 10	3.25	19:47	6:05	3	2:48	73	6:20	32.50	3:05:31	5:42	5	25:23	82	1:06:40
Lap 11	3.25	19:58	6:08	4	1:46	76	6:50	35.75	3:25:29	5:44	5	27:09	81	1:09:53
Lap 12	3.25	19:17	5:56	2	0:33	55	6:04	39.00	3:44:46	5:45	3	27:42	75	1:11:54
Last lap Finish	3.25	19:24	5:58	4	1:45	61	6:19	42.25	4:04:10	5:46	2	27:30	72	1:14:42