



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Markiewicz, Werner

Club: VfL Bückeberg

Number: 730

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:06:10

Speed: 10.24 km/h

Running performance: 5:50 min/km

Rank in course/Total: 84 (of 193)

Rank in course/Men: 77 (of 161)

Best time in course: 2:49:28

Rank in category: 5(of 20)

Best time in the category: 3:36:40

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	18:47	5:46	10	3:28	114	6:57	3.25	18:47	5:46	10	3:28	114	6:57
Lap 2	3.25	18:05	5:33	9	1:49	104	5:38	6.50	36:52	5:40	9	5:17	109	12:35
Lap 3	3.25	18:24	5:39	10	3:01	106	5:53	9.75	55:16	5:40	9	7:17	107	18:28
Lap 4	3.25	18:00	5:32	5	2:26	86	5:15	13.00	1:13:16	5:38	9	9:43	101	23:43
Lap 5	3.25	17:57	5:31	3	2:18	81	5:03	16.25	1:31:13	5:36	7	12:01	93	28:46
Lap 6	3.25	18:05	5:33	5	2:17	79	18:04	19.50	1:49:18	5:36	7	14:18	93	35:41
Lap 7	3.25	18:21	5:38	2	2:20	77	5:00	22.75	2:07:39	5:36	7	16:38	92	39:45
Lap 8	3.25	18:32	5:42	2	2:39	68	18:31	26.00	2:26:11	5:37	5	19:17	88	58:16
Lap 9	3.25	19:01	5:51	2	2:46	69	5:42	29.25	2:45:12	5:38	5	22:03	82	1:02:14
Lap 10	3.25	19:54	6:07	4	2:55	77	6:27	32.50	3:05:06	5:41	4	24:58	81	1:06:15
Lap 11	3.25	19:57	6:08	3	1:45	75	6:49	35.75	3:25:03	5:44	4	26:43	80	1:09:27
Lap 12	3.25	20:26	6:17	6	1:42	79	7:13	39.00	3:45:29	5:46	5	28:25	78	1:12:37
Last lap Finish	3.25	20:41	6:21	9	3:02	87	7:36	42.25	4:06:10	5:49	5	29:30	77	1:16:42