



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Peek, Holger

Club: TUSEM Essen

Number: 759

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:06:20

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 87 (of 193)

Rank in course/Men: 80 (of 161)

Best time in course: 2:49:28

Rank in category: 14(of 28)

Best time in the category: 2:57:49

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	16:34	5:05	9	4:23	62	4:44	3.25	16:34	5:05	9	4:23	62	4:44
Lap 2	3.25	17:10	5:16	11	4:38	76	4:43	6.50	33:44	5:11	9	9:01	66	9:27
Lap 3	3.25	17:31	5:23	14	4:46	82	5:00	9.75	51:15	5:15	10	13:47	68	14:27
Lap 4	3.25	17:57	5:31	14	5:07	85	5:12	13.00	1:09:12	5:19	11	18:54	72	19:39
Lap 5	3.25	18:39	5:44	17	5:40	96	5:45	16.25	1:27:51	5:24	12	24:34	79	25:24
Lap 6	3.25	19:04	5:51	16	19:03	98	19:03	19.50	1:46:55	5:28	12	33:18	82	33:18
Lap 7	3.25	19:38	6:02	16	6:12	102	6:17	22.75	2:06:33	5:33	15	38:39	86	38:39
Lap 8	3.25	19:26	5:58	14	19:25	86	19:25	26.00	2:25:59	5:36	16	58:04	87	58:04
Lap 9	3.25	20:01	6:09	14	5:51	89	6:42	29.25	2:46:00	5:40	14	1:03:02	85	1:03:02
Lap 10	3.25	21:04	6:28	16	6:38	99	7:37	32.50	3:07:04	5:45	14	1:08:13	85	1:08:13
Lap 11	3.25	20:01	6:09	12	4:58	77	6:53	35.75	3:27:05	5:47	14	1:11:29	82	1:11:29
Lap 12	3.25	19:48	6:05	8	4:14	65	6:35	39.00	3:46:53	5:49	14	1:14:01	82	1:14:01
Last lap Finish	3.25	19:27	5:59	9	4:14	64	6:22	42.25	4:06:20	5:49	14	1:08:31	80	1:16:52