



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Blässe, Detlef

Club: OTV Endurance Team

Number: 612

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:11:37

Speed: 10.02 km/h

Running performance: 5:58 min/km

Rank in course/Total: 100 (of 193)

Rank in course/Men: 90 (of 161)

Best time in course: 2:49:28

Rank in category: 7(of 20)

Best time in the category: 3:36:40

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	18:17	5:37	8	2:58	97	6:27	3.25	18:17	5:37	8	2:58	97	6:27
Lap 2	3.25	17:55	5:30	8	1:39	98	5:28	6.50	36:12	5:34	8	4:37	97	11:55
Lap 3	3.25	17:57	5:31	6	2:34	92	5:26	9.75	54:09	5:33	8	6:10	98	17:21
Lap 4	3.25	18:21	5:38	7	2:47	94	5:36	13.00	1:12:30	5:34	7	8:57	94	22:57
Lap 5	3.25	20:11	6:12	12	4:32	131	7:17	16.25	1:32:41	5:42	9	13:29	104	30:14
Lap 6	3.25	20:23	6:16	12	4:35	127	20:22	19.50	1:53:04	5:47	9	18:04	106	39:27
Lap 7	3.25	21:49	6:42	14	5:48	134	8:28	22.75	2:14:53	5:55	10	23:52	113	46:59
Lap 8	3.25	19:29	5:59	5	3:36	88	19:28	26.00	2:34:22	5:56	10	27:28	110	1:06:27
Lap 9	3.25	19:28	5:59	3	3:13	81	6:09	29.25	2:53:50	5:56	10	30:41	107	1:10:52
Lap 10	3.25	19:41	6:03	2	2:42	71	6:14	32.50	3:13:31	5:57	9	33:23	102	1:14:40
Lap 11	3.25	19:24	5:58	2	1:12	56	6:16	35.75	3:32:55	5:57	8	34:35	97	1:17:19
Lap 12	3.25	19:29	5:59	3	0:45	59	6:16	39.00	3:52:24	5:57	7	35:20	93	1:19:32
Last lap Finish	3.25	19:13	5:54	2	1:34	57	6:08	42.25	4:11:37	5:57	7	34:57	90	1:22:09