



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kolhoff, Georg

Club: LT Gnadenlos

Number: 708

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:18:13

Speed: 9.76 km/h

Running performance: 6:07 min/km

Rank in course/Total: 113 (of 193)

Rank in course/Men: 100 (of 161)

Best time in course: 2:49:28

Rank in category: 8(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:19	4:42	1	-	35	3:29	3.25	15:19	4:42	1	-	35	3:29
Lap 2	3.25	16:16	5:00	1	-	45	3:49	6.50	31:35	4:51	1	-	39	7:18
Lap 3	3.25	16:52	5:11	3	1:29	61	4:21	9.75	48:27	4:58	2	0:28	45	11:39
Lap 4	3.25	18:21	5:38	7	2:47	94	5:36	13.00	1:06:48	5:08	2	3:15	56	17:15
Lap 5	3.25	20:30	6:18	14	4:51	137	7:36	16.25	1:27:18	5:22	4	8:06	74	24:51
Lap 6	3.25	18:56	5:49	7	3:08	92	18:55	19.50	1:46:14	5:26	5	11:14	80	32:37
Lap 7	3.25	19:51	6:06	9	3:50	104	6:30	22.75	2:06:05	5:32	5	15:04	83	38:11
Lap 8	3.25	20:53	6:25	10	5:00	116	20:52	26.00	2:26:58	5:39	7	20:04	90	59:03
Lap 9	3.25	21:46	6:41	11	5:31	115	8:27	29.25	2:48:44	5:46	7	25:35	91	1:05:46
Lap 10	3.25	21:26	6:35	9	4:27	107	7:59	32.50	3:10:10	5:51	7	30:02	93	1:11:19
Lap 11	3.25	21:56	6:44	9	3:44	104	8:48	35.75	3:32:06	5:55	7	33:46	94	1:16:30
Lap 12	3.25	23:05	7:06	12	4:21	115	9:52	39.00	3:55:11	6:01	8	38:07	97	1:22:19
Last lap Finish	3.25	23:02	7:05	14	5:23	115	9:57	42.25	4:18:13	6:06	8	41:33	100	1:28:45