



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Meier, Kurt

Club: Swiss Masters Running

Number: 736

Course: 42.25 km

Marathon

Category:

Senioren M70 (70-74 Jahre)

Total time: 4:21:35

Speed: 9.63 km/h

Running performance: 6:11 min/km

Rank in course/Total: 115 (of 193)

Rank in course/Men: 102 (of 161)

Best time in course: 2:49:28

Rank in category: 1(of 1)

Best time in the category: 4:21:35

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	18:14	5:36	1	-	95	6:24	3.25	18:14	5:36	1	-	95	6:24
Lap 2	3.25	17:35	5:24	1	-	88	5:08	6.50	35:49	5:30	1	-	91	11:32
Lap 3	3.25	17:49	5:28	1	-	90	5:18	9.75	53:38	5:30	1	-	90	16:50
Lap 4	3.25	18:31	5:41	1	-	98	5:46	13.00	1:12:09	5:33	1	-	92	22:36
Lap 5	3.25	19:52	6:06	1	-	126	6:58	16.25	1:32:01	5:39	1	-	102	29:34
Lap 6	3.25	19:33	6:00	1	-	111	19:32	19.50	1:51:34	5:43	1	-	102	37:57
Lap 7	3.25	20:43	6:22	1	-	117	7:22	22.75	2:12:17	5:48	1	-	103	44:23
Lap 8	3.25	19:55	6:07	1	-	98	19:54	26.00	2:32:12	5:51	1	-	101	1:04:17
Lap 9	3.25	21:35	6:38	1	-	111	8:16	29.25	2:53:47	5:56	1	-	106	1:10:49
Lap 10	3.25	21:48	6:42	1	-	111	8:21	32.50	3:15:35	6:01	1	-	105	1:16:44
Lap 11	3.25	22:03	6:47	1	-	107	8:55	35.75	3:37:38	6:05	1	-	104	1:22:02
Lap 12	3.25	22:26	6:54	1	-	104	9:13	39.00	4:00:04	6:09	1	-	103	1:27:12
Last lap Finish	3.25	21:31	6:37	1	-	100	8:26	42.25	4:21:35	6:11	1	-	102	1:32:07