



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Pohler, Andreas

Club: VfL Engelskirchen

Number: 763

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:22:40

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 118 (of 193)

Rank in course/Men: 105 (of 161)

Best time in course: 2:49:28

Rank in category: 13(of 22)

Best time in the category: 3:15:14

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	18:11	5:35	11	4:34	94	6:21	3.25	18:11	5:35	11	4:34	94	6:21
Lap 2	3.25	17:42	5:26	11	4:34	90	5:15	6.50	35:53	5:31	11	9:08	94	11:36
Lap 3	3.25	18:04	5:33	12	4:20	96	5:33	9.75	53:57	5:31	10	13:28	93	17:09
Lap 4	3.25	18:36	5:43	12	4:55	101	5:51	13.00	1:12:33	5:34	11	18:23	95	23:00
Lap 5	3.25	18:46	5:46	12	4:55	100	5:52	16.25	1:31:19	5:37	10	23:18	94	28:52
Lap 6	3.25	19:08	5:53	11	5:20	101	19:07	19.50	1:50:27	5:39	10	28:38	97	36:50
Lap 7	3.25	19:18	5:56	11	5:16	94	5:57	22.75	2:09:45	5:42	11	33:54	96	41:51
Lap 8	3.25	19:59	6:08	11	5:19	100	19:58	26.00	2:29:44	5:45	11	39:13	96	1:01:49
Lap 9	3.25	20:47	6:23	11	5:40	99	7:28	29.25	2:50:31	5:49	12	44:53	95	1:07:33
Lap 10	3.25	21:18	6:33	14	5:53	105	7:51	32.50	3:11:49	5:54	12	49:57	96	1:12:58
Lap 11	3.25	22:44	6:59	15	7:01	118	9:36	35.75	3:34:33	6:00	12	55:41	100	1:18:57
Lap 12	3.25	24:06	7:24	17	8:09	127	10:53	39.00	3:58:39	6:07	12	1:02:15	101	1:25:47
Last lap Finish	3.25	24:01	7:23	15	8:12	124	10:56	42.25	4:22:40	6:13	13	1:07:26	105	1:33:12