



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Andersen, Ricky

Club: Klub 100 Marathon

Number: 602

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:22:39

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 117 (of 193)

Rank in course/Men: 104 (of 161)

Best time in course: 2:49:28

Rank in category: 12(of 22)

Best time in the category: 3:15:14

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	19:20	5:56	16	5:43	120	7:30	3.25	19:20	5:56	16	5:43	120	7:30
Lap 2	3.25	19:26	5:58	20	6:18	134	6:59	6.50	38:46	5:57	17	12:01	126	14:29
Lap 3	3.25	19:21	5:57	17	5:37	125	6:50	9.75	58:07	5:57	17	17:38	125	21:19
Lap 4	3.25	19:48	6:05	17	6:07	130	7:03	13.00	1:17:55	5:59	16	23:45	127	28:22
Lap 5	3.25	19:38	6:02	15	5:47	116	6:44	16.25	1:37:33	6:00	16	29:32	127	35:06
Lap 6	3.25	19:44	6:04	13	5:56	113	19:43	19.50	1:57:17	6:00	16	35:28	127	43:40
Lap 7	3.25	19:44	6:04	13	5:42	103	6:23	22.75	2:17:01	6:01	16	41:10	124	49:07
Lap 8	3.25	20:46	6:23	13	6:06	114	20:45	26.00	2:37:47	6:04	15	47:16	120	1:09:52
Lap 9	3.25	20:58	6:27	12	5:51	104	7:39	29.25	2:58:45	6:06	15	53:07	119	1:15:47
Lap 10	3.25	21:01	6:28	13	5:36	97	7:34	32.50	3:19:46	6:08	13	57:54	111	1:20:55
Lap 11	3.25	21:18	6:33	12	5:35	91	8:10	35.75	3:41:04	6:11	13	1:02:12	110	1:25:28
Lap 12	3.25	20:58	6:27	13	5:01	89	7:45	39.00	4:02:02	6:12	13	1:05:38	109	1:29:10
Last lap Finish	3.25	20:37	6:20	9	4:48	85	7:32	42.25	4:22:39	6:12	12	1:07:25	104	1:33:11