



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Bolm, Thomas

Club: VfL Tegel 1891 e.V. Berlin

Number: 617

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:23:27

Speed: 9.57 km/h

Running performance: 6:14 min/km

Rank in course/Total: 122 (of 193)

Rank in course/Men: 108 (of 161)

Best time in course: 2:49:28

Rank in category: 2(of 7)

Best time in the category: 3:55:15

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	18:06	5:34	3	1:59	93	6:16	3.25	18:06	5:34	3	1:59	93	6:16
Lap 2	3.25	17:56	5:31	3	1:22	99	5:29	6.50	36:02	5:32	3	2:41	96	11:45
Lap 3	3.25	18:18	5:37	3	1:28	101	5:47	9.75	54:20	5:34	3	3:16	99	17:32
Lap 4	3.25	19:04	5:51	4	1:53	112	6:19	13.00	1:13:24	5:38	3	5:09	102	23:51
Lap 5	3.25	20:12	6:12	4	2:57	132	7:18	16.25	1:33:36	5:45	3	8:06	109	31:09
Lap 6	3.25	20:21	6:15	2	2:43	124	20:20	19.50	1:53:57	5:50	3	10:49	110	40:20
Lap 7	3.25	20:51	6:24	2	3:00	119	7:30	22.75	2:14:48	5:55	3	13:49	112	46:54
Lap 8	3.25	21:19	6:33	2	3:21	122	21:18	26.00	2:36:07	6:00	3	17:10	114	1:08:12
Lap 9	3.25	20:57	6:26	2	2:17	103	7:38	29.25	2:57:04	6:03	3	19:27	112	1:14:06
Lap 10	3.25	21:37	6:39	2	2:42	110	8:10	32.50	3:18:41	6:06	2	22:09	109	1:19:50
Lap 11	3.25	21:26	6:35	2	1:34	94	8:18	35.75	3:40:07	6:09	2	23:43	109	1:24:31
Lap 12	3.25	21:42	6:40	2	2:32	97	8:29	39.00	4:01:49	6:12	2	26:15	107	1:28:57
Last lap Finish	3.25	21:38	6:39	2	1:57	103	8:33	42.25	4:23:27	6:14	2	28:12	108	1:33:59