



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Trambo, Uwe

Club: Peewee

Number: 832

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:23:38

Speed: 9.56 km/h

Running performance: 6:14 min/km

Rank in course/Total: 123 (of 193)

Rank in course/Men: 109 (of 161)

Best time in course: 2:49:28

Rank in category: 17(of 28)

Best time in the category: 2:57:49

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	19:39	6:02	25	7:28	126	7:49	3.25	19:39	6:02	25	7:28	126	7:49
Lap 2	3.25	18:37	5:43	20	6:05	113	6:10	6.50	38:16	5:53	22	13:33	120	13:59
Lap 3	3.25	20:06	6:11	26	7:21	138	7:35	9.75	58:22	5:59	24	20:54	128	21:34
Lap 4	3.25	18:52	5:48	17	6:02	106	6:07	13.00	1:17:14	5:56	23	26:56	123	27:41
Lap 5	3.25	18:09	5:35	14	5:10	85	5:15	16.25	1:35:23	5:52	19	32:06	115	32:56
Lap 6	3.25	19:29	5:59	19	19:28	108	19:28	19.50	1:54:52	5:53	19	41:15	114	41:15
Lap 7	3.25	19:54	6:07	17	6:28	105	6:33	22.75	2:14:46	5:55	19	46:52	111	46:52
Lap 8	3.25	19:43	6:03	15	19:42	94	19:42	26.00	2:34:29	5:56	18	1:06:34	111	1:06:34
Lap 9	3.25	20:04	6:10	15	5:54	90	6:45	29.25	2:54:33	5:58	17	1:11:35	108	1:11:35
Lap 10	3.25	21:01	6:28	15	6:35	97	7:34	32.50	3:15:34	6:01	17	1:16:43	104	1:16:43
Lap 11	3.25	22:07	6:48	18	7:04	109	8:59	35.75	3:37:41	6:05	17	1:22:05	105	1:22:05
Lap 12	3.25	22:43	6:59	17	7:09	110	9:30	39.00	4:00:24	6:09	17	1:27:32	105	1:27:32
Last lap Finish	3.25	23:14	7:08	19	8:01	118	10:09	42.25	4:23:38	6:14	17	1:25:49	109	1:34:10