



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Herres, Dirk

Club: Köln

Number: 678

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:24:45

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 124 (of 193)

Rank in course/Men: 110 (of 161)

Best time in course: 2:49:28

Rank in category: 21(of 35)

Best time in the category: 3:16:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	18:41	5:44	21	3:57	109	6:51	3.25	18:41	5:44	21	3:57	109	6:51
Lap 2	3.25	18:09	5:35	21	3:33	106	5:42	6.50	36:50	5:40	21	7:21	108	12:33
Lap 3	3.25	18:14	5:36	20	3:30	99	5:43	9.75	55:04	5:38	19	10:51	104	18:16
Lap 4	3.25	18:08	5:34	18	3:21	88	5:23	13.00	1:13:12	5:37	19	14:12	99	23:39
Lap 5	3.25	19:29	5:59	26	4:49	113	6:35	16.25	1:32:41	5:42	21	19:01	104	30:14
Lap 6	3.25	20:08	6:11	28	5:35	122	20:07	19.50	1:52:49	5:47	22	24:36	105	39:12
Lap 7	3.25	21:09	6:30	26	6:42	125	7:48	22.75	2:13:58	5:53	24	31:18	109	46:04
Lap 8	3.25	23:02	7:05	33	8:36	143	23:01	26.00	2:37:00	6:02	25	39:54	117	1:09:05
Lap 9	3.25	22:31	6:55	27	7:35	134	9:12	29.25	2:59:31	6:08	25	47:29	120	1:16:33
Lap 10	3.25	21:30	6:36	22	6:10	109	8:03	32.50	3:21:01	6:11	24	53:39	118	1:22:10
Lap 11	3.25	21:56	6:44	22	6:13	104	8:48	35.75	3:42:57	6:14	24	59:45	114	1:27:21
Lap 12	3.25	21:36	6:38	19	6:13	96	8:23	39.00	4:04:33	6:16	23	1:04:59	113	1:31:41
Last lap Finish	3.25	20:12	6:12	16	5:01	77	7:07	42.25	4:24:45	6:15	21	1:08:05	110	1:35:17