



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Wibberg, Henry

Club: VfB Salzkotten

Number: 842

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:25:36

Speed: 9.49 km/h

Running performance: 6:17 min/km

Rank in course/Total: 126 (of 193)

Rank in course/Men: 112 (of 161)

Best time in course: 2:49:28

Rank in category: 11(of 20)

Best time in the category: 3:36:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	20:18	6:14	16	4:59	144	8:28	3.25	20:18	6:14	16	4:59	144	8:28
Lap 2	3.25	19:49	6:05	13	3:33	138	7:22	6.50	40:07	6:10	13	8:32	141	15:50
Lap 3	3.25	20:11	6:12	14	4:48	140	7:40	9.75	1:00:18	6:11	14	12:19	141	23:30
Lap 4	3.25	19:56	6:08	13	4:22	133	7:11	13.00	1:20:14	6:10	13	16:41	138	30:41
Lap 5	3.25	20:07	6:11	10	4:28	128	7:13	16.25	1:40:21	6:10	13	21:09	134	37:54
Lap 6	3.25	20:27	6:17	13	4:39	131	20:26	19.50	2:00:48	6:11	13	25:48	134	47:11
Lap 7	3.25	20:55	6:26	12	4:54	121	7:34	22.75	2:21:43	6:13	13	30:42	133	53:49
Lap 8	3.25	21:10	6:30	11	5:17	119	21:09	26.00	2:42:53	6:15	13	35:59	132	1:14:58
Lap 9	3.25	20:46	6:23	10	4:31	98	7:27	29.25	3:03:39	6:16	13	40:30	129	1:20:41
Lap 10	3.25	20:51	6:24	7	3:52	95	7:24	32.50	3:24:30	6:17	12	44:22	127	1:25:39
Lap 11	3.25	21:28	6:36	8	3:16	96	8:20	35.75	3:45:58	6:19	11	47:38	122	1:30:22
Lap 12	3.25	20:21	6:15	5	1:37	77	7:08	39.00	4:06:19	6:18	11	49:15	116	1:33:27
Last lap Finish	3.25	19:17	5:56	3	1:38	59	6:12	42.25	4:25:36	6:17	11	48:56	112	1:36:08