



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Seitz, Notger

Club: Team Erdinger Alkoholfrei
Number: 808

Course: 42.25 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:26:51

Speed: 9.50 km/h
Running performance: 6:19 min/km

Rank in course/Total: 129 (of 193)

Rank in course/Men: 114 (of 161)

Best time in course: 2:49:28

Rank in category: 14(of 22)

Best time in the category: 3:15:14

Intermediate times				Stage score				Total ranking						
Control	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	18:34	5:42	14	4:57	105	6:44	3.25	18:34	5:42	14	4:57	105	6:44
Lap 2	3.25	19:13	5:54	19	6:05	130	6:46	6.50	37:47	5:48	15	11:02	117	13:30
Lap 3	3.25	21:20	6:33	19	7:36	149	8:49	9.75	59:07	6:03	18	18:38	132	22:19
Lap 4	3.25	20:13	6:13	18	6:32	137	7:28	13.00	1:19:20	6:06	18	25:10	133	29:47
Lap 5	3.25	20:36	6:20	19	6:45	139	7:42	16.25	1:39:56	6:08	18	31:55	133	37:29
Lap 6	3.25	21:26	6:35	19	7:38	142	21:25	19.50	2:01:22	6:13	18	39:33	139	47:45
Lap 7	3.25	20:57	6:26	15	6:55	123	7:36	22.75	2:22:19	6:15	17	46:28	134	54:25
Lap 8	3.25	21:51	6:43	16	7:11	128	21:50	26.00	2:44:10	6:18	17	53:39	134	1:16:15
Lap 9	3.25	20:00	6:09	10	4:53	88	6:41	29.25	3:04:10	6:17	16	58:32	130	1:21:12
Lap 10	3.25	20:58	6:27	12	5:33	96	7:31	32.50	3:25:08	6:18	16	1:03:16	128	1:26:17
Lap 11	3.25	20:28	6:17	11	4:45	85	7:20	35.75	3:45:36	6:18	15	1:06:44	121	1:30:00
Lap 12	3.25	20:56	6:26	11	4:59	86	7:43	39.00	4:06:32	6:19	14	1:10:08	117	1:33:40
Last lap Finish	3.25	20:19	6:15	7	4:30	79	7:14	42.25	4:26:51	6:18	14	1:11:37	114	1:37:23