



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lee, Alan

Club: Lauf für mehr Zeit/Spiridon Frankfurt
Number: 723

Course: 42.25 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:29:53

Speed: 9.34 km/h
Running performance: 6:23 min/km

Rank in course/Total: 137 (of 193)

Rank in course/Men: 120 (of 161)

Best time in course: 2:49:28

Rank in category: 26(of 35)

Best time in the category: 3:16:40

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	18:35	5:43	20	3:51	106	6:45	3.25	18:35	5:43	20	3:51	106	6:45
Lap 2	3.25	17:56	5:31	20	3:20	99	5:29	6.50	36:31	5:37	19	7:02	103	12:14
Lap 3	3.25	18:33	5:42	22	3:49	108	6:02	9.75	55:04	5:38	19	10:51	104	18:16
Lap 4	3.25	19:02	5:51	23	4:15	110	6:17	13.00	1:14:06	5:41	21	15:06	107	24:33
Lap 5	3.25	17:46	5:28	13	3:06	74	4:52	16.25	1:31:52	5:39	19	18:12	100	29:25
Lap 6	3.25	19:13	5:54	23	4:40	104	19:12	19.50	1:51:05	5:41	20	22:52	100	37:28
Lap 7	3.25	19:03	5:51	18	4:36	91	5:42	22.75	2:10:08	5:43	20	27:28	97	42:14
Lap 8	3.25	19:57	6:08	20	5:31	99	19:56	26.00	2:30:05	5:46	21	32:59	99	1:02:10
Lap 9	3.25	21:00	6:27	21	6:04	106	7:41	29.25	2:51:05	5:50	18	39:03	97	1:08:07
Lap 10	3.25	23:14	7:08	28	7:54	127	9:47	32.50	3:14:19	5:58	22	46:57	103	1:15:28
Lap 11	3.25	23:49	7:19	27	8:06	125	10:41	35.75	3:38:08	6:06	22	54:56	106	1:22:32
Lap 12	3.25	25:24	7:48	29	10:01	136	12:11	39.00	4:03:32	6:14	22	1:03:58	111	1:30:40
Last lap Finish	3.25	26:21	8:06	29	11:10	142	13:16	42.25	4:29:53	6:23	26	1:13:13	120	1:40:25