



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kister, Marco

Club: Kister IT

Number: 701

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:31:12

Speed: 9.35 km/h

Running performance: 6:25 min/km

Rank in course/Total: 140 (of 193)

Rank in course/Men: 122 (of 161)

Best time in course: 2:49:28

Rank in category: 19(of 28)

Best time in the category: 2:57:49

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	16:28	5:03	8	4:17	60	4:38	3.25	16:28	5:03	8	4:17	60	4:38
Lap 2	3.25	18:06	5:34	18	5:34	105	5:39	6.50	34:34	5:19	11	9:51	77	10:17
Lap 3	3.25	19:13	5:54	21	6:28	124	6:42	9.75	53:47	5:30	17	16:19	91	16:59
Lap 4	3.25	19:42	6:03	22	6:52	127	6:57	13.00	1:13:29	5:39	17	23:11	105	23:56
Lap 5	3.25	19:51	6:06	21	6:52	124	6:57	16.25	1:33:20	5:44	18	30:03	108	30:53
Lap 6	3.25	20:01	6:09	20	20:00	118	20:00	19.50	1:53:21	5:48	18	39:44	108	39:44
Lap 7	3.25	20:27	6:17	18	7:01	113	7:06	22.75	2:13:48	5:52	18	45:54	107	45:54
Lap 8	3.25	21:42	6:40	21	21:41	126	21:41	26.00	2:35:30	5:58	19	1:07:35	113	1:07:35
Lap 9	3.25	22:14	6:50	20	8:04	125	8:55	29.25	2:57:44	6:04	18	1:14:46	114	1:14:46
Lap 10	3.25	22:46	7:00	21	8:20	122	9:19	32.50	3:20:30	6:10	19	1:21:39	115	1:21:39
Lap 11	3.25	24:41	7:35	23	9:38	135	11:33	35.75	3:45:11	6:17	19	1:29:35	120	1:29:35
Lap 12	3.25	23:16	7:09	18	7:42	117	10:03	39.00	4:08:27	6:22	19	1:35:35	120	1:35:35
Last lap Finish	3.25	22:45	7:00	16	7:32	109	9:40	42.25	4:31:12	6:25	19	1:33:23	122	1:41:44