



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Dressel, Philipp

Club: Kleinmachnow

Number: 635

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:34:29

Speed: 9.18 km/h

Running performance: 6:30 min/km

Rank in course/Total: 143 (of 193)

Rank in course/Men: 124 (of 161)

Best time in course: 2:49:28

Rank in category: 16(of 22)

Best time in the category: 3:15:14

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	19:33	6:00	17	5:56	122	7:43	3.25	19:33	6:00	17	5:56	122	7:43
Lap 2	3.25	19:56	6:08	21	6:48	141	7:29	6.50	39:29	6:04	21	12:44	133	15:12
Lap 3	3.25	20:12	6:12	18	6:28	141	7:41	9.75	59:41	6:07	19	19:12	137	22:53
Lap 4	3.25	20:28	6:17	19	6:47	138	7:43	13.00	1:20:09	6:09	19	25:59	136	30:36
Lap 5	3.25	20:36	6:20	19	6:45	139	7:42	16.25	1:40:45	6:12	19	32:44	141	38:18
Lap 6	3.25	21:01	6:28	17	7:13	137	21:00	19.50	2:01:46	6:14	19	39:57	140	48:09
Lap 7	3.25	21:30	6:36	17	7:28	133	8:09	22.75	2:23:16	6:17	19	47:25	139	55:22
Lap 8	3.25	22:11	6:49	17	7:31	131	22:10	26.00	2:45:27	6:21	18	54:56	137	1:17:32
Lap 9	3.25	21:36	6:38	14	6:29	112	8:17	29.25	3:07:03	6:23	18	1:01:25	137	1:24:05
Lap 10	3.25	22:08	6:48	16	6:43	115	8:41	32.50	3:29:11	6:26	18	1:07:19	135	1:30:20
Lap 11	3.25	22:32	6:56	14	6:49	115	9:24	35.75	3:51:43	6:28	17	1:12:51	130	1:36:07
Lap 12	3.25	21:49	6:42	14	5:52	99	8:36	39.00	4:13:32	6:30	18	1:17:08	130	1:40:40
Last lap Finish	3.25	20:57	6:26	11	5:08	91	7:52	42.25	4:34:29	6:29	16	1:19:15	124	1:45:01