



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Morawitz, Björn

Club: Die FlipFlips

Number: 743

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:36:26

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 147 (of 193)

Rank in course/Men: 127 (of 161)

Best time in course: 2:49:28

Rank in category: 20(of 28)

Best time in the category: 2:57:49

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	19:35	6:01	23	7:24	124	7:45	3.25	19:35	6:01	23	7:24	124	7:45
Lap 2	3.25	18:48	5:47	23	6:16	118	6:21	6.50	38:23	5:54	23	13:40	122	14:06
Lap 3	3.25	18:46	5:46	17	6:01	111	6:15	9.75	57:09	5:51	22	19:41	120	20:21
Lap 4	3.25	19:15	5:55	20	6:25	117	6:30	13.00	1:16:24	5:52	22	26:06	119	26:51
Lap 5	3.25	19:09	5:53	19	6:10	106	6:15	16.25	1:35:33	5:52	20	32:16	116	33:06
Lap 6	3.25	19:23	5:57	17	19:22	106	19:22	19.50	1:54:56	5:53	20	41:19	116	41:19
Lap 7	3.25	21:14	6:31	22	7:48	127	7:53	22.75	2:16:10	5:59	20	48:16	119	48:16
Lap 8	3.25	21:42	6:40	21	21:41	126	21:41	26.00	2:37:52	6:04	21	1:09:57	121	1:09:57
Lap 9	3.25	22:28	6:54	22	8:18	131	9:09	29.25	3:00:20	6:09	21	1:17:22	123	1:17:22
Lap 10	3.25	23:21	7:11	22	8:55	131	9:54	32.50	3:23:41	6:16	21	1:24:50	125	1:24:50
Lap 11	3.25	24:04	7:24	20	9:01	127	10:56	35.75	3:47:45	6:22	20	1:32:09	125	1:32:09
Lap 12	3.25	25:12	7:45	23	9:38	134	11:59	39.00	4:12:57	6:29	21	1:40:05	129	1:40:05
Last lap Finish	3.25	23:29	7:13	21	8:16	120	10:24	42.25	4:36:26	6:32	20	1:38:37	127	1:46:58