13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Krause, Joachim

Club: Team Erdinger Alkoholfrei
Number: 714

Course: 42.25 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:37:54

Speed: 9.12 km/h
Running performance: 6:35 min/km

Rank in course/Total: 149 (of 193)
Rank in course/Men: 128 (of 161)
Best time in course: 2:49:28

Rank in category: 29(of 35)
Best time in the category: 3:16:40

Intermediate times

Control	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	20:51	6:24	32	6:07	153	9:01	3.25	20:51	6:24	32	6:07	153	9:01
Lap 2	3.25	19:53	6:07	30	5:17	140	7:26	6.50	40:44	6:15	31	11:15	146	16:27
Lap 3	3.25	18:54	5:48	24	4:10	115	6:23	9.75	59:38	6:06	29	15:25	136	22:50
Lap 4	3.25	21:26	6:35	33	6:39	149	8:41	13.00	1:21:04	6:14	31	22:04	143	31:31
Lap 5	3.25	19:25	5:58	24	4:45	110	6:31	16.25	1:40:29	6:11	30	26:49	136	38:02
Lap 6	3.25	20:44	6:22	30	6:11	134	20:43	19.50	2:01:13	6:12	30	33:00	137	47:36
Lap 7	3.25	21:19	6:33	28	6:52	130	7:58	22.75	2:22:32	6:15	30	39:52	136	54:38
Lap 8	3.25	22:39	6:58	30	8:13	138	22:38	26.00	2:45:11	6:21	30	48:05	135	1:17:16
Lap 9	3.25	21:46	6:41	24	6:50	115	8:27	29.25	3:06:57	6:23	30	54:55	135	1:23:59
Lap 10	3.25	22:23	6:53	25	7:03	118	8:56	32.50	3:29:20	6:26	31	1:01:58	137	1:30:29
Lap 11	3.25	22:40	6:58	25	6:57	116	9:32	35.75	3:52:00	6:29	29	1:08:48	133	1:36:24
Lap 12	3.25	23:28	7:13	24	8:05	118	10:15	39.00	4:15:28	6:33	29	1:15:54	132	1:42:36
Last lap Finish	3.25	22:26	6:54	23	7:15	107	9:21	42.25	4:37:54	6:34	29	1:21:14	128	1:48:26