



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Garten, Elmar

Club: Die FlipFlips

Number: 656

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:39:01

Speed: 9.03 km/h

Running performance: 6:36 min/km

Rank in course/Total: 152 (of 193)

Rank in course/Men: 131 (of 161)

Best time in course: 2:49:28

Rank in category: 21(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	19:14	5:55	19	6:24	116	6:29	13.00	1:16:23	5:52	21	26:05	118	26:50
Lap 5	3.25	19:11	5:54	20	6:12	107	6:17	16.25	1:35:34	5:52	21	32:17	117	33:07
Lap 6	3.25	19:23	5:57	17	19:22	106	19:22	19.50	1:54:57	5:53	21	41:20	117	41:20
Lap 7	3.25	21:17	6:32	23	7:51	128	7:56	22.75	2:16:14	5:59	21	48:20	120	48:20
Lap 8	3.25	21:40	6:40	20	21:39	125	21:39	26.00	2:37:54	6:04	22	1:09:59	122	1:09:59
Lap 9	3.25	22:29	6:55	23	8:19	132	9:10	29.25	3:00:23	6:10	22	1:17:25	124	1:17:25
Lap 10	3.25	23:22	7:11	24	8:56	133	9:55	32.50	3:23:45	6:16	22	1:24:54	126	1:24:54
Lap 11	3.25	24:05	7:24	21	9:02	128	10:57	35.75	3:47:50	6:22	21	1:32:14	126	1:32:14
Lap 12	3.25	25:47	7:56	24	10:13	142	12:34	39.00	4:13:37	6:30	22	1:40:45	131	1:40:45
Last lap Finish	3.25	25:24	7:48	24	10:11	138	12:19	42.25	4:39:01	6:36	21	1:41:12	131	1:49:33