



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Krebs, Daniel

Club: Guthsmuthrennsteiglaufverein
Number: 715

Course: 42.25 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:41:01

Speed: 9.02 km/h
Running performance: 6:39 min/km

Rank in course/Total: 155 (of 193)

Rank in course/Men: 134 (of 161)

Best time in course: 2:49:28

Rank in category: 22(of 28)

Best time in the category: 2:57:49

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	17:08	5:16	10	4:57	73	5:18	3.25	17:08	5:16	10	4:57	73	5:18
Lap 2	3.25	17:59	5:31	16	5:27	102	5:32	6.50	35:07	5:24	15	10:24	87	10:50
Lap 3	3.25	18:09	5:35	15	5:24	98	5:38	9.75	53:16	5:27	14	15:48	86	16:28
Lap 4	3.25	18:53	5:48	18	6:03	107	6:08	13.00	1:12:09	5:33	16	21:51	92	22:36
Lap 5	3.25	18:44	5:45	18	5:45	99	5:50	16.25	1:30:53	5:35	16	27:36	92	28:26
Lap 6	3.25	18:47	5:46	15	18:46	88	18:46	19.50	1:49:40	5:37	17	36:03	96	36:03
Lap 7	3.25	20:31	6:18	19	7:05	115	7:10	22.75	2:10:11	5:43	17	42:17	98	42:17
Lap 8	3.25	23:02	7:05	24	23:01	143	23:01	26.00	2:33:13	5:53	17	1:05:18	106	1:05:18
Lap 9	3.25	24:40	7:35	26	10:30	153	11:21	29.25	2:57:53	6:04	19	1:14:55	115	1:14:55
Lap 10	3.25	25:30	7:50	26	11:04	150	12:03	32.50	3:23:23	6:15	20	1:24:32	124	1:24:32
Lap 11	3.25	24:57	7:40	25	9:54	141	11:49	35.75	3:48:20	6:23	22	1:32:44	129	1:32:44
Lap 12	3.25	24:27	7:31	22	8:53	131	11:14	39.00	4:12:47	6:28	20	1:39:55	127	1:39:55
Last lap Finish	3.25	28:14	8:41	26	13:01	151	15:09	42.25	4:41:01	6:39	22	1:43:12	134	1:51:33