



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fürer, Michael

Club: LC BlueLiner

Number: 655

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:43:07

Speed: 8.95 km/h

Running performance: 6:42 min/km

Rank in course/Total: 159 (of 193)

Rank in course/Men: 135 (of 161)

Best time in course: 2:49:28

Rank in category: 19(of 22)

Best time in the category: 3:15:14

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 | 16:49 | 5:10 | 7 | 3:12 | 64 | 4:59 | 3.25 | 16:49 | 5:10 | 7 | 3:12 | 64 | 4:59 |
| Lap 2 | 3.25 | 18:16 | 5:37 | 14 | 5:08 | 109 | 5:49 | 6.50 | 35:05 | 5:23 | 10 | 8:20 | 86 | 10:48 |
| Lap 3 | 3.25 | 19:01 | 5:51 | 15 | 5:17 | 119 | 6:30 | 9.75 | 54:06 | 5:32 | 12 | 13:37 | 97 | 17:18 |
| Lap 4 | 3.25 | 19:21 | 5:57 | 14 | 5:40 | 119 | 6:36 | 13.00 | 1:13:27 | 5:39 | 13 | 19:17 | 103 | 23:54 |
| Lap 5 | 3.25 | 19:41 | 6:03 | 16 | 5:50 | 120 | 6:47 | 16.25 | 1:33:08 | 5:43 | 14 | 25:07 | 107 | 30:41 |
| Lap 6 | 3.25 | 20:54 | 6:25 | 16 | 7:06 | 136 | 20:53 | 19.50 | 1:54:02 | 5:50 | 14 | 32:13 | 111 | 40:25 |
| Lap 7 | 3.25 | 22:45 | 7:00 | 19 | 8:43 | 148 | 9:24 | 22.75 | 2:16:47 | 6:00 | 15 | 40:56 | 123 | 48:53 |
| Lap 8 | 3.25 | 24:13 | 7:27 | 21 | 9:33 | 150 | 24:12 | 26.00 | 2:41:00 | 6:11 | 16 | 50:29 | 127 | 1:13:05 |
| Lap 9 | 3.25 | 23:41 | 7:17 | 21 | 8:34 | 148 | 10:22 | 29.25 | 3:04:41 | 6:18 | 17 | 59:03 | 132 | 1:21:43 |
| Lap 10 | 3.25 | 24:14 | 7:27 | 18 | 8:49 | 139 | 10:47 | 32.50 | 3:28:55 | 6:25 | 17 | 1:07:03 | 133 | 1:30:04 |
| Lap 11 | 3.25 | 24:24 | 7:30 | 18 | 8:41 | 131 | 11:16 | 35.75 | 3:53:19 | 6:31 | 19 | 1:14:27 | 137 | 1:37:43 |
| Lap 12 | 3.25 | 24:44 | 7:36 | 19 | 8:47 | 132 | 11:31 | 39.00 | 4:18:03 | 6:37 | 19 | 1:21:39 | 135 | 1:45:11 |
| Last lap Finish | 3.25 | 25:04 | 7:42 | 18 | 9:15 | 133 | 11:59 | 42.25 | 4:43:07 | 6:42 | 19 | 1:27:53 | 135 | 1:53:39 |