



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

SACCON, GIAMPIETRO

Club: ASD BREMA RUNNING TEAM

Number: 785

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:44:22

Speed: 8.86 km/h

Running performance: 6:44 min/km

Rank in course/Total: 161 (of 193)

Rank in course/Men: 136 (of 161)

Best time in course: 2:49:28

Rank in category: 13(of 20)

Best time in the category: 3:36:40

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	19:55	6:07	12	4:36	131	8:05	3.25	19:55	6:07	12	4:36	131	8:05
Lap 2	3.25	20:36	6:20	16	4:20	149	8:09	6.50	40:31	6:14	14	8:56	143	16:14
Lap 3	3.25	19:41	6:03	13	4:18	134	7:10	9.75	1:00:12	6:10	13	12:13	140	23:24
Lap 4	3.25	20:02	6:09	14	4:28	134	7:17	13.00	1:20:14	6:10	13	16:41	138	30:41
Lap 5	3.25	20:24	6:16	13	4:45	136	7:30	16.25	1:40:38	6:11	14	21:26	138	38:11
Lap 6	3.25	20:22	6:15	11	4:34	125	20:21	19.50	2:01:00	6:12	14	26:00	136	47:23
Lap 7	3.25	22:08	6:48	16	6:07	142	8:47	22.75	2:23:08	6:17	14	32:07	138	55:14
Lap 8	3.25	22:21	6:52	15	6:28	135	22:20	26.00	2:45:29	6:21	14	38:35	138	1:17:34
Lap 9	3.25	22:42	6:59	15	6:27	136	9:23	29.25	3:08:11	6:26	14	45:02	139	1:25:13
Lap 10	3.25	23:04	7:05	13	6:05	126	9:37	32.50	3:31:15	6:30	14	51:07	139	1:32:24
Lap 11	3.25	24:52	7:39	16	6:40	138	11:44	35.75	3:56:07	6:36	14	57:47	140	1:40:31
Lap 12	3.25	25:45	7:55	18	7:01	140	12:32	39.00	4:21:52	6:42	14	1:04:48	138	1:49:00
Last lap Finish	3.25	22:30	6:55	12	4:51	108	9:25	42.25	4:44:22	6:43	13	1:07:42	136	1:54:54