



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Knaack, Tobias

Club: FC St. Pauli Triathlon

Number: 705

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:46:24

Speed: 8.80 km/h

Running performance: 6:47 min/km

Rank in course/Total: 162 (of 193)

Rank in course/Men: 137 (of 161)

Best time in course: 2:49:28

Rank in category: 23(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	17:16	5:18	12	5:05	77	5:26	3.25	17:16	5:18	12	5:05	77	5:26
Lap 2	3.25	18:03	5:33	17	5:31	103	5:36	6.50	35:19	5:26	16	10:36	88	11:02
Lap 3	3.25	19:27	5:59	23	6:42	127	6:56	9.75	54:46	5:37	18	17:18	102	17:58
Lap 4	3.25	25:48	7:56	28	12:58	160	13:03	13.00	1:20:34	6:11	25	30:16	140	31:01
Lap 5	3.25	21:19	6:33	25	8:20	146	8:25	16.25	1:41:53	6:16	26	38:36	143	39:26
Lap 6	3.25	21:23	6:34	23	21:22	141	21:22	19.50	2:03:16	6:19	25	49:39	142	49:39
Lap 7	3.25	22:17	6:51	25	8:51	144	8:56	22.75	2:25:33	6:23	25	57:39	141	57:39
Lap 8	3.25	23:04	7:05	25	23:03	146	23:03	26.00	2:48:37	6:29	24	1:20:42	141	1:20:42
Lap 9	3.25	21:12	6:31	19	7:02	107	7:53	29.25	3:09:49	6:29	24	1:26:51	141	1:26:51
Lap 10	3.25	22:28	6:54	20	8:02	121	9:01	32.50	3:32:17	6:31	24	1:33:26	140	1:33:26
Lap 11	3.25	25:50	7:56	26	10:47	147	12:42	35.75	3:58:07	6:39	24	1:42:31	141	1:42:31
Lap 12	3.25	24:11	7:26	20	8:37	128	10:58	39.00	4:22:18	6:43	24	1:49:26	141	1:49:26
Last lap Finish	3.25	24:06	7:24	22	8:53	126	11:01	42.25	4:46:24	6:46	23	1:48:35	137	1:56:56