



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Krömer, Holger

Club: MC100 Austria/ VfL Bückeberg

Number: 717

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:46:59

Speed: 8.78 km/h

Running performance: 6:47 min/km

Rank in course/Total: 163 (of 193)

Rank in course/Men: 138 (of 161)

Best time in course: 2:49:28

Rank in category: 4(of 7)

Best time in the category: 3:55:15

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	18:47	5:46	4	2:40	114	6:57	3.25	18:47	5:46	4	2:40	114	6:57
Lap 2	3.25	18:49	5:47	4	2:15	120	6:22	6.50	37:36	5:47	4	4:15	115	13:19
Lap 3	3.25	18:20	5:38	4	1:30	105	5:49	9.75	55:56	5:44	4	4:52	110	19:08
Lap 4	3.25	18:57	5:49	3	1:46	108	6:12	13.00	1:14:53	5:45	4	6:38	110	25:20
Lap 5	3.25	19:28	5:59	2	2:13	112	6:34	16.25	1:34:21	5:48	4	8:51	111	31:54
Lap 6	3.25	20:22	6:15	3	2:44	125	20:21	19.50	1:54:43	5:52	4	11:35	113	41:06
Lap 7	3.25	21:04	6:28	3	3:13	124	7:43	22.75	2:15:47	5:58	4	14:48	118	47:53
Lap 8	3.25	22:30	6:55	4	4:32	137	22:29	26.00	2:38:17	6:05	4	19:20	123	1:10:22
Lap 9	3.25	22:56	7:03	4	4:16	138	9:37	29.25	3:01:13	6:11	4	23:36	126	1:18:15
Lap 10	3.25	24:55	7:40	4	6:00	148	11:28	32.50	3:26:08	6:20	4	29:36	129	1:27:17
Lap 11	3.25	26:09	8:02	4	6:17	149	13:01	35.75	3:52:17	6:29	4	35:53	136	1:36:41
Lap 12	3.25	28:13	8:40	7	9:03	159	15:00	39.00	4:20:30	6:40	4	44:56	137	1:47:38
Last lap Finish	3.25	26:29	8:08	5	6:48	143	13:24	42.25	4:46:59	6:47	4	51:44	138	1:57:31