



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ziegler, Sven

Club: 100 Marathon Club

Number: 847

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:49:34

Speed: 8.70 km/h

Running performance: 6:51 min/km

Rank in course/Total: 166 (of 193)

Rank in course/Men: 140 (of 161)

Best time in course: 2:49:28

Rank in category: 25(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	21:15	6:32	28	9:04	156	9:25	3.25	21:15	6:32	28	9:04	156	9:25
Lap 2	3.25	20:25	6:16	26	7:53	144	7:58	6.50	41:40	6:24	27	16:57	153	17:23
Lap 3	3.25	20:40	6:21	27	7:55	143	8:09	9.75	1:02:20	6:23	27	24:52	152	25:32
Lap 4	3.25	20:54	6:25	25	8:04	142	8:09	13.00	1:23:14	6:24	27	32:56	148	33:41
Lap 5	3.25	21:40	6:40	26	8:41	147	8:46	16.25	1:44:54	6:27	27	41:37	148	42:27
Lap 6	3.25	22:33	6:56	25	22:32	152	22:32	19.50	2:07:27	6:32	27	53:50	148	53:50
Lap 7	3.25	22:02	6:46	24	8:36	139	8:41	22.75	2:29:29	6:34	27	1:01:35	148	1:01:35
Lap 8	3.25	22:11	6:49	23	22:10	131	22:10	26.00	2:51:40	6:36	26	1:23:45	146	1:23:45
Lap 9	3.25	22:26	6:54	21	8:16	129	9:07	29.25	3:14:06	6:38	25	1:31:08	143	1:31:08
Lap 10	3.25	23:24	7:11	25	8:58	134	9:57	32.50	3:37:30	6:41	25	1:38:39	144	1:38:39
Lap 11	3.25	24:20	7:29	22	9:17	130	11:12	35.75	4:01:50	6:45	26	1:46:14	144	1:46:14
Lap 12	3.25	24:23	7:30	21	8:49	130	11:10	39.00	4:26:13	6:49	26	1:53:21	144	1:53:21
Last lap Finish	3.25	23:21	7:11	20	8:08	119	10:16	42.25	4:49:34	6:51	25	1:51:45	140	2:00:06