



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Sembach, Markus**

Club: Lauf Team Unna

Number: 809

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:49:36

Speed: 8.70 km/h

Running performance: 6:51 min/km

Rank in course/Total: 168 (of 193)

Rank in course/Men: 141 (of 161)

Best time in course: 2:49:28

Rank in category: 14(of 20)

Best time in the category: 3:36:40

### 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	23:24	7:11	19	8:05	159	11:34	3.25	23:24	7:11	19	8:05	159	11:34
Lap 2	3.25	22:42	6:59	19	6:26	159	10:15	6.50	46:06	7:05	19	14:31	159	21:49
Lap 3	3.25	21:20	6:33	17	5:57	149	8:49	9.75	1:07:26	6:54	19	19:27	158	30:38
Lap 4	3.25	20:36	6:20	15	5:02	140	7:51	13.00	1:28:02	6:46	19	24:29	158	38:29
Lap 5	3.25	20:45	6:23	15	5:06	142	7:51	16.25	1:48:47	6:41	19	29:35	156	46:20
Lap 6	3.25	21:53	6:44	16	6:05	147	21:52	19.50	2:10:40	6:42	19	35:40	155	57:03
Lap 7	3.25	20:51	6:24	11	4:50	119	7:30	22.75	2:31:31	6:39	16	40:30	151	1:03:37
Lap 8	3.25	21:11	6:31	12	5:18	120	21:10	26.00	2:52:42	6:38	15	45:48	147	1:24:47
Lap 9	3.25	22:19	6:51	14	6:04	127	9:00	29.25	3:15:01	6:40	15	51:52	145	1:32:03
Lap 10	3.25	22:03	6:47	10	5:04	113	8:36	32.50	3:37:04	6:40	15	56:56	143	1:38:13
Lap 11	3.25	23:27	7:12	12	5:15	120	10:19	35.75	4:00:31	6:43	15	1:02:11	142	1:44:55
Lap 12	3.25	25:16	7:46	14	6:32	135	12:03	39.00	4:25:47	6:48	15	1:08:43	143	1:52:55
Last lap Finish	3.25	23:49	7:19	15	6:10	122	10:44	42.25	4:49:36	6:51	14	1:12:56	141	2:00:08