



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

Schäfer, Gerd

Club: Borbecker Raketen Essen

Number: 788

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:50:53

Speed: 8.71 km/h

Running performance: 6:53 min/km

Rank in course/Total: 169 (of 193)

Rank in course/Men: 142 (of 161)

Best time in course: 2:49:28

Rank in category: 15(of 20)

Best time in the category: 3:36:40

Intermediate times				Stage score				Total ranking						
Control	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	19:34	6:01	11	4:15	123	7:44	3.25	19:34	6:01	11	4:15	123	7:44
Lap 2	3.25	18:15	5:36	10	1:59	108	5:48	6.50	37:49	5:49	11	6:14	118	13:32
Lap 3	3.25	18:05	5:33	7	2:42	97	5:34	9.75	55:54	5:44	10	7:55	109	19:06
Lap 4	3.25	19:06	5:52	12	3:32	114	6:21	13.00	1:15:00	5:46	10	11:27	111	25:27
Lap 5	3.25	20:08	6:11	11	4:29	129	7:14	16.25	1:35:08	5:51	11	15:56	114	32:41
Lap 6	3.25	20:27	6:17	13	4:39	131	20:26	19.50	1:55:35	5:55	11	20:35	120	41:58
Lap 7	3.25	21:11	6:31	13	5:10	126	7:50	22.75	2:16:46	6:00	12	25:45	122	48:52
Lap 8	3.25	24:22	7:29	18	8:29	151	24:21	26.00	2:41:08	6:11	12	34:14	128	1:13:13
Lap 9	3.25	22:03	6:47	13	5:48	121	8:44	29.25	3:03:11	6:15	12	40:02	128	1:20:13
Lap 10	3.25	23:39	7:16	14	6:40	135	10:12	32.50	3:26:50	6:21	13	46:42	130	1:27:59
Lap 11	3.25	24:58	7:40	19	6:46	143	11:50	35.75	3:51:48	6:29	13	53:28	131	1:36:12
Lap 12	3.25	28:06	8:38	20	9:22	157	14:53	39.00	4:19:54	6:39	13	1:02:50	136	1:47:02
Last lap Finish	3.25	30:59	9:31	20	13:20	158	17:54	42.25	4:50:53	6:53	15	1:14:13	142	2:01:25