



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**MIKA, Rainer**

Club: VfB Salzkotten

Number: 742

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:52:00

Speed: 8.63 km/h

Running performance: 6:55 min/km

Rank in course/Total: 173 (of 193)

Rank in course/Men: 145 (of 161)

Best time in course: 2:49:28

Rank in category: 32(of 35)

Best time in the category: 3:16:40

### 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	20:17	6:14	31	5:33	143	8:27	3.25	20:17	6:14	31	5:33	143	8:27
Lap 2	3.25	19:48	6:05	28	5:12	137	7:21	6.50	40:05	6:10	29	10:36	140	15:48
Lap 3	3.25	19:27	5:59	27	4:43	127	6:56	9.75	59:32	6:06	28	15:19	135	22:44
Lap 4	3.25	20:41	6:21	30	5:54	141	7:56	13.00	1:20:13	6:10	30	21:13	137	30:40
Lap 5	3.25	20:09	6:11	30	5:29	130	7:15	16.25	1:40:22	6:10	29	26:42	135	37:55
Lap 6	3.25	20:26	6:17	29	5:53	130	20:25	19.50	2:00:48	6:11	29	32:35	134	47:11
Lap 7	3.25	20:34	6:19	25	6:07	116	7:13	22.75	2:21:22	6:12	29	38:42	131	53:28
Lap 8	3.25	21:32	6:37	28	7:06	124	21:31	26.00	2:42:54	6:15	29	45:48	133	1:14:59
Lap 9	3.25	22:27	6:54	26	7:31	130	9:08	29.25	3:05:21	6:20	29	53:19	133	1:22:23
Lap 10	3.25	23:56	7:21	30	8:36	137	10:29	32.50	3:29:17	6:26	30	1:01:55	136	1:30:26
Lap 11	3.25	26:06	8:01	31	10:23	148	12:58	35.75	3:55:23	6:35	32	1:12:11	139	1:39:47
Lap 12	3.25	26:45	8:13	32	11:22	150	13:32	39.00	4:22:08	6:43	32	1:22:34	140	1:49:16
Last lap Finish	3.25	29:52	9:11	34	14:41	155	16:47	42.25	4:52:00	6:54	32	1:35:20	145	2:02:32