



# 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: 8.68 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    |