



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Römer, Christoph

Club: Team Klinikum Nürnberg

Number: 778

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:51:13

Speed: 8.70 km/h

Running performance: 6:53 min/km

Rank in course/Total: 171 (of 193)

Rank in course/Men: 143 (of 161)

Best time in course: 2:49:28

Rank in category: 26(of 28)

Best time in the category: 2:57:49

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Lap 1	3.25	20:23	6:16	26	8:12	145	8:33	3.25	20:23	6:16	26	8:12	145	8:33
Lap 2	3.25	20:32	6:19	27	8:00	147	8:05	6.50	40:55	6:17	26	16:12	151	16:38
Lap 3	3.25	19:43	6:03	24	6:58	135	7:12	9.75	1:00:38	6:13	26	23:10	143	23:50
Lap 4	3.25	20:11	6:12	24	7:21	135	7:26	13.00	1:20:49	6:13	26	30:31	141	31:16
Lap 5	3.25	19:51	6:06	21	6:52	124	6:57	16.25	1:40:40	6:11	24	37:23	139	38:13
Lap 6	3.25	20:07	6:11	21	20:06	121	20:06	19.50	2:00:47	6:11	24	47:10	133	47:10
Lap 7	3.25	20:44	6:22	20	7:18	118	7:23	22.75	2:21:31	6:13	23	53:37	132	53:37
Lap 8	3.25	21:17	6:32	19	21:16	121	21:16	26.00	2:42:48	6:15	23	1:14:53	131	1:14:53
Lap 9	3.25	22:55	7:03	24	8:45	137	9:36	29.25	3:05:43	6:20	23	1:22:45	134	1:22:45
Lap 10	3.25	23:21	7:11	22	8:55	131	9:54	32.50	3:29:04	6:25	23	1:30:13	134	1:30:13
Lap 11	3.25	24:49	7:38	24	9:46	137	11:41	35.75	3:53:53	6:32	23	1:38:17	138	1:38:17
Lap 12	3.25	28:11	8:40	28	12:37	158	14:58	39.00	4:22:04	6:43	23	1:49:12	139	1:49:12
Last lap Finish	3.25	29:09	8:58	27	13:56	154	16:04	42.25	4:51:13	6:53	26	1:53:24	143	2:01:45