



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Arndt, Alexander

Club: Marathon Maniacs/TEA

Number: 604

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:56:10

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 175 (of 193)

Rank in course/Men: 147 (of 161)

Best time in course: 2:49:28

Rank in category: 21(of 22)

Best time in the category: 3:15:14

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	19:48	6:05	18	6:11	128	7:58	3.25	19:48	6:05	18	6:11	128	7:58
Lap 2	3.25	19:05	5:52	17	5:57	126	6:38	6.50	38:53	5:58	18	12:08	127	14:36
Lap 3	3.25	22:13	6:50	21	8:29	156	9:42	9.75	1:01:06	6:15	20	20:37	144	24:18
Lap 4	3.25	22:25	6:53	22	8:44	157	9:40	13.00	1:23:31	6:25	21	29:21	150	33:58
Lap 5	3.25	20:30	6:18	18	6:39	137	7:36	16.25	1:44:01	6:24	21	36:00	146	41:34
Lap 6	3.25	21:09	6:30	18	7:21	138	21:08	19.50	2:05:10	6:25	21	43:21	146	51:33
Lap 7	3.25	25:39	7:53	22	11:37	159	12:18	22.75	2:30:49	6:37	21	54:58	149	1:02:55
Lap 8	3.25	22:26	6:54	18	7:46	136	22:25	26.00	2:53:15	6:39	21	1:02:44	148	1:25:20
Lap 9	3.25	23:32	7:14	20	8:25	146	10:13	29.25	3:16:47	6:43	21	1:11:09	148	1:33:49
Lap 10	3.25	24:15	7:27	19	8:50	140	10:48	32.50	3:41:02	6:48	21	1:19:10	147	1:42:11
Lap 11	3.25	24:38	7:34	19	8:55	133	11:30	35.75	4:05:40	6:52	21	1:26:48	147	1:50:04
Lap 12	3.25	25:46	7:55	21	9:49	141	12:33	39.00	4:31:26	6:57	21	1:35:02	147	1:58:34
Last lap Finish	3.25	24:44	7:36	17	8:55	131	11:39	42.25	4:56:10	7:00	21	1:40:56	147	2:06:42