



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Böse, Thomas

Club: One Man Show

Number: 619

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:58:32

Speed: 8.44 km/h

Running performance: 7:04 min/km

Rank in course/Total: 179 (of 193)

Rank in course/Men: 150 (of 161)

Best time in course: 2:49:28

Rank in category: 27(of 28)

Best time in the category: 2:57:49

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	18:04	5:33	17	5:53	91	6:14	3.25	18:04	5:33	17	5:53	91	6:14
Lap 2	3.25	18:37	5:43	20	6:05	113	6:10	6.50	36:41	5:38	19	11:58	104	12:24
Lap 3	3.25	19:22	5:57	22	6:37	126	6:51	9.75	56:03	5:44	19	18:35	111	19:15
Lap 4	3.25	19:51	6:06	23	7:01	132	7:06	13.00	1:15:54	5:50	20	25:36	114	26:21
Lap 5	3.25	21:48	6:42	27	8:49	149	8:54	16.25	1:37:42	6:00	23	34:25	128	35:15
Lap 6	3.25	22:56	7:03	26	22:55	155	22:55	19.50	2:00:38	6:11	23	47:01	131	47:01
Lap 7	3.25	24:47	7:37	27	11:21	157	11:26	22.75	2:25:25	6:23	24	57:31	140	57:31
Lap 8	3.25	24:39	7:35	26	24:38	153	24:38	26.00	2:50:04	6:32	25	1:22:09	143	1:22:09
Lap 9	3.25	25:41	7:54	27	11:31	154	12:22	29.25	3:15:45	6:41	26	1:32:47	147	1:32:47
Lap 10	3.25	26:44	8:13	27	12:18	155	13:17	32.50	3:42:29	6:50	27	1:43:38	151	1:43:38
Lap 11	3.25	26:46	8:14	27	11:43	155	13:38	35.75	4:09:15	6:58	27	1:53:39	152	1:53:39
Lap 12	3.25	26:14	8:04	26	10:40	147	13:01	39.00	4:35:29	7:03	27	2:02:37	151	2:02:37
Last lap Finish	3.25	23:03	7:05	17	7:50	116	9:58	42.25	4:58:32	7:03	27	2:00:43	150	2:09:04