



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kiesow, Alex

Club: Assenheim

Number: 698

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 5:00:37

Speed: 8.43 km/h

Running performance: 7:07 min/km

Rank in course/Total: 181 (of 193)

Rank in course/Men: 151 (of 161)

Best time in course: 2:49:28

Rank in category: 33(of 35)

Best time in the category: 3:16:40

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	3.25	19:45	6:04	25	5:01	127	7:55	3.25	19:45	6:04	25	5:01	127	7:55
Lap 2	3.25	20:25	6:16	31	5:49	144	7:58	6.50	40:10	6:10	30	10:41	142	15:53
Lap 3	3.25	20:20	6:15	32	5:36	142	7:49	9.75	1:00:30	6:12	32	16:17	142	23:42
Lap 4	3.25	21:04	6:28	32	6:17	146	8:19	13.00	1:21:34	6:16	32	22:34	144	32:01
Lap 5	3.25	20:45	6:23	32	6:05	142	7:51	16.25	1:42:19	6:17	32	28:39	145	39:52
Lap 6	3.25	21:45	6:41	33	7:12	145	21:44	19.50	2:04:04	6:21	32	35:51	144	50:27
Lap 7	3.25	22:32	6:56	34	8:05	146	9:11	22.75	2:26:36	6:26	32	43:56	143	58:42
Lap 8	3.25	23:27	7:12	34	9:01	148	23:26	26.00	2:50:03	6:32	33	52:57	142	1:22:08
Lap 9	3.25	24:05	7:24	34	9:09	151	10:46	29.25	3:14:08	6:38	33	1:02:06	144	1:31:10
Lap 10	3.25	24:37	7:34	32	9:17	144	11:10	32.50	3:38:45	6:43	33	1:11:23	145	1:39:54
Lap 11	3.25	26:27	8:08	33	10:44	151	13:19	35.75	4:05:12	6:51	33	1:22:00	146	1:49:36
Lap 12	3.25	27:30	8:27	33	12:07	155	14:17	39.00	4:32:42	6:59	33	1:33:08	149	1:59:50
Last lap Finish	3.25	27:55	8:35	31	12:44	149	14:50	42.25	5:00:37	7:06	33	1:43:57	151	2:11:09