



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Richter, Bernd

Club: Lauf Team Unna

Number: 773

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 5:04:47

Speed: 8.32 km/h

Running performance: 7:13 min/km

Rank in course/Total: 184 (of 193)

Rank in course/Men: 153 (of 161)

Best time in course: 2:49:28

Rank in category: 34(of 35)

Best time in the category: 3:16:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	23:24	7:11	35	8:40	159	11:34	3.25	23:24	7:11	35	8:40	159	11:34
Lap 2	3.25	22:05	6:47	34	7:29	158	9:38	6.50	45:29	6:59	34	16:00	158	21:12
Lap 3	3.25	21:57	6:45	34	7:13	154	9:26	9.75	1:07:26	6:54	34	23:13	158	30:38
Lap 4	3.25	21:03	6:28	31	6:16	144	8:18	13.00	1:28:29	6:48	34	29:29	159	38:56
Lap 5	3.25	22:29	6:55	34	7:49	156	9:35	16.25	1:50:58	6:49	34	37:18	159	48:31
Lap 6	3.25	21:09	6:30	32	6:36	138	21:08	19.50	2:12:07	6:46	34	43:54	157	58:30
Lap 7	3.25	22:03	6:47	32	7:36	140	8:42	22.75	2:34:10	6:46	34	51:30	155	1:06:16
Lap 8	3.25	23:00	7:04	32	8:34	142	22:59	26.00	2:57:10	6:48	34	1:00:04	154	1:29:15
Lap 9	3.25	23:31	7:14	32	8:35	145	10:12	29.25	3:20:41	6:51	34	1:08:39	153	1:37:43
Lap 10	3.25	24:40	7:35	33	9:20	145	11:13	32.50	3:45:21	6:56	34	1:17:59	153	1:46:30
Lap 11	3.25	24:46	7:37	29	9:03	136	11:38	35.75	4:10:07	6:59	34	1:26:55	153	1:54:31
Lap 12	3.25	26:08	8:02	31	10:45	146	12:55	39.00	4:36:15	7:04	34	1:36:41	153	2:03:23
Last lap Finish	3.25	28:32	8:46	32	13:21	152	15:27	42.25	5:04:47	7:12	34	1:48:07	153	2:15:19