



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Raitchel, Gerhard

Club: LT Weisenheim am Berg

Number: 767

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 5:07:00

Speed: 8.21 km/h

Running performance: 7:16 min/km

Rank in course/Total: 185 (of 193)

Rank in course/Men: 154 (of 161)

Best time in course: 2:49:28

Rank in category: 19(of 20)

Best time in the category: 3:36:40

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	23:34	7:15	20	8:15	161	11:44	3.25	23:34	7:15	20	8:15	161	11:44
Lap 2	3.25	23:22	7:11	20	7:06	160	10:55	6.50	46:56	7:13	20	15:21	160	22:39
Lap 3	3.25	23:21	7:11	19	7:58	159	10:50	9.75	1:10:17	7:12	20	22:18	160	33:29
Lap 4	3.25	23:08	7:07	20	7:34	159	10:23	13.00	1:33:25	7:11	20	29:52	160	43:52
Lap 5	3.25	24:46	7:37	20	9:07	160	11:52	16.25	1:58:11	7:16	20	38:59	160	55:44
Lap 6	3.25	20:40	6:21	15	4:52	133	20:39	19.50	2:18:51	7:07	20	43:51	160	1:05:14
Lap 7	3.25	22:03	6:47	15	6:02	140	8:42	22.75	2:40:54	7:04	20	49:53	159	1:13:00
Lap 8	3.25	22:46	7:00	16	6:53	140	22:45	26.00	3:03:40	7:03	20	56:46	158	1:35:45
Lap 9	3.25	23:14	7:08	18	6:59	144	9:55	29.25	3:26:54	7:04	19	1:03:45	155	1:43:56
Lap 10	3.25	24:43	7:36	18	7:44	146	11:16	32.50	3:51:37	7:07	19	1:11:29	155	1:52:46
Lap 11	3.25	24:29	7:31	15	6:17	132	11:21	35.75	4:16:06	7:09	19	1:17:46	155	2:00:30
Lap 12	3.25	25:36	7:52	16	6:52	138	12:23	39.00	4:41:42	7:13	19	1:24:38	154	2:08:50
Last lap Finish	3.25	25:18	7:47	18	7:39	136	12:13	42.25	5:07:00	7:15	19	1:30:20	154	2:17:32