



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Langer, Christian

Club: Team ERDINGER Alkoholfrei

Number: 720

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 5:08:33

Speed: 8.17 km/h

Running performance: 7:18 min/km

Rank in course/Total: 186 (of 193)

Rank in course/Men: 155 (of 161)

Best time in course: 2:49:28

Rank in category: 22(of 22)

Best time in the category: 3:15:14

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	18:52	5:48	15	5:15	116	7:02	3.25	18:52	5:48	15	5:15	116	7:02
Lap 2	3.25	20:42	6:22	22	7:34	151	8:15	6.50	39:34	6:05	22	12:49	135	15:17
Lap 3	3.25	22:12	6:49	20	8:28	155	9:41	9.75	1:01:46	6:20	21	21:17	147	24:58
Lap 4	3.25	22:21	6:52	21	8:40	156	9:36	13.00	1:24:07	6:28	22	29:57	152	34:34
Lap 5	3.25	23:04	7:05	22	9:13	158	10:10	16.25	1:47:11	6:35	22	39:10	153	44:44
Lap 6	3.25	23:37	7:15	22	9:49	157	23:36	19.50	2:10:48	6:42	22	48:59	156	57:11
Lap 7	3.25	23:41	7:17	20	9:39	151	10:20	22.75	2:34:29	6:47	22	58:38	157	1:06:35
Lap 8	3.25	27:19	8:24	22	12:39	158	27:18	26.00	3:01:48	6:59	22	1:11:17	157	1:33:53
Lap 9	3.25	25:50	7:56	22	10:43	155	12:31	29.25	3:27:38	7:05	22	1:22:00	157	1:44:40
Lap 10	3.25	26:36	8:11	21	11:11	154	13:09	32.50	3:54:14	7:12	22	1:32:22	157	1:55:23
Lap 11	3.25	24:17	7:28	17	8:34	129	11:09	35.75	4:18:31	7:13	22	1:39:39	156	2:02:55
Lap 12	3.25	23:54	7:21	16	7:57	126	10:41	39.00	4:42:25	7:14	22	1:46:01	156	2:09:33
Last lap Finish	3.25	26:08	8:02	20	10:19	141	13:03	42.25	5:08:33	7:18	22	1:53:19	155	2:19:05