



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kratochwill, Friedrich

Club: ASKÖ Laufwunder Steyr

Number: 713

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 5:16:24

Speed: 7.96 km/h

Running performance: 7:29 min/km

Rank in course/Total: 190 (of 193)

Rank in course/Men: 158 (of 161)

Best time in course: 2:49:28

Rank in category: 20(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	20:30	6:18	17	5:11	149	8:40	3.25	20:30	6:18	17	5:11	149	8:40
Lap 2	3.25	20:13	6:13	14	3:57	142	7:46	6.50	40:43	6:15	15	9:08	145	16:26
Lap 3	3.25	20:42	6:22	15	5:19	144	8:11	9.75	1:01:25	6:17	15	13:26	145	24:37
Lap 4	3.25	21:38	6:39	19	6:04	153	8:53	13.00	1:23:03	6:23	15	19:30	146	33:30
Lap 5	3.25	21:52	6:43	17	6:13	150	8:58	16.25	1:44:55	6:27	15	25:43	149	42:28
Lap 6	3.25	23:24	7:11	20	7:36	156	23:23	19.50	2:08:19	6:34	16	33:19	151	54:42
Lap 7	3.25	24:12	7:26	20	8:11	155	10:51	22.75	2:32:31	6:42	19	41:30	154	1:04:37
Lap 8	3.25	27:01	8:18	20	11:08	157	27:00	26.00	2:59:32	6:54	19	52:38	155	1:31:37
Lap 9	3.25	27:33	8:28	20	11:18	159	14:14	29.25	3:27:05	7:04	20	1:03:56	156	1:44:07
Lap 10	3.25	26:08	8:02	20	9:09	152	12:41	32.50	3:53:13	7:10	20	1:13:05	156	1:54:22
Lap 11	3.25	27:58	8:36	20	9:46	159	14:50	35.75	4:21:11	7:18	20	1:22:51	157	2:05:35
Lap 12	3.25	27:21	8:24	19	8:37	154	14:08	39.00	4:48:32	7:23	20	1:31:28	157	2:15:40
Last lap Finish	3.25	27:52	8:34	19	10:13	148	14:47	42.25	5:16:24	7:29	20	1:39:44	158	2:26:56