



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Plöttner, Johannes

Club: Gutsmuths Rennsteiglaufverein e.V.

Number: 753

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:53:52

Speed: 14.58 km/h

Running performance: 4:07 min/km

Rank in course/Total: 1 (of 185)

Rank in course/Men: 1 (of 161)

Best time in course: 2:53:52

Rank in category: 1(of 13)

Best time in the category: 2:53:52

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	11:47	3:37	1	-	1	-	3.25	11:47	3:37	1	-	1	-
Lap 2	3.25	12:39	3:53	2	12:38	3	12:38	6.50	24:26	3:45	2	7:11	2	7:11
Lap 3	3.25	12:50	3:56	1	-	1	-	9.75	37:16	3:49	2	3:52	2	3:52
Lap 4	3.25	13:07	4:02	2	0:09	3	0:09	13.00	50:23	3:52	2	0:44	2	0:44
Lap 5	3.25	13:12	4:03	1	-	1	-	16.25	1:03:35	3:54	1	-	1	-
Lap 6	3.25	13:18	4:05	1	-	1	-	19.50	1:16:53	3:56	1	-	1	-
Lap 7	3.25	13:35	4:10	2	0:13	2	0:13	22.75	1:30:28	3:58	1	-	1	-
Lap 8	3.25	13:45	4:13	2	0:02	3	13:44	26.00	1:44:13	4:00	1	-	1	-
Lap 9	3.25	13:59	4:18	1	-	1	-	29.25	1:58:12	4:02	1	-	1	-
Lap 10	3.25	14:06	4:20	2	0:10	2	0:10	32.50	2:12:18	4:04	1	-	1	-
Lap 11	3.25	14:01	4:18	2	0:01	3	14:00	35.75	2:26:19	4:05	1	-	1	-
Lap 12	3.25	14:02	4:19	2	0:12	2	0:12	39.00	2:40:21	4:06	1	-	1	-
Last lap Finish	3.25	13:31	4:09	2	0:29	2	0:29	42.25	2:53:52	4:06	1	-	1	-