



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Scheller, Markus

Club: Gesamtschule Warendorf

Number: 775

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:54:51

Speed: 14.50 km/h

Running performance: 4:08 min/km

Rank in course/Total: 2 (of 185)

Rank in course/Men: 2 (of 161)

Best time in course: 2:53:52

Rank in category: 2(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	11:58	3:40	2	0:11	3	0:11	3.25	11:58	3:40	2	0:11	3	0:11
Lap 2	3.25	12:44	3:55	3	12:43	5	12:43	6.50	24:42	3:47	3	7:27	4	7:27
Lap 3	3.25	13:22	4:06	3	0:32	5	0:32	9.75	38:04	3:54	4	4:40	6	4:40
Lap 4	3.25	13:32	4:09	3	0:34	5	0:34	13.00	51:36	3:58	4	1:57	6	1:57
Lap 5	3.25	13:44	4:13	3	0:32	5	0:32	16.25	1:05:20	4:01	3	1:45	5	1:45
Lap 6	3.25	13:39	4:12	3	0:21	4	0:21	19.50	1:18:59	4:03	3	2:06	5	2:06
Lap 7	3.25	13:22	4:06	1	-	1	-	22.75	1:32:21	4:03	3	1:53	5	1:53
Lap 8	3.25	13:43	4:13	1	-	2	13:42	26.00	1:46:04	4:04	3	1:51	3	1:51
Lap 9	3.25	13:59	4:18	1	-	1	-	29.25	2:00:03	4:06	3	1:51	3	1:51
Lap 10	3.25	13:56	4:17	1	-	1	-	32.50	2:13:59	4:07	2	1:41	2	1:41
Lap 11	3.25	14:00	4:18	1	-	2	13:59	35.75	2:27:59	4:08	2	1:40	2	1:40
Lap 12	3.25	13:50	4:15	1	-	1	-	39.00	2:41:49	4:08	2	1:28	2	1:28
Last lap Finish	3.25	13:02	4:00	1	-	1	-	42.25	2:54:51	4:08	2	0:59	2	0:59