



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Haueis, Johannes

Club: Crazy Runners Team Frankenwald

Number: 661

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:00:30

Speed: 14.04 km/h

Running performance: 4:16 min/km

Rank in course/Total: 3 (of 185)

Rank in course/Men: 3 (of 161)

Best time in course: 2:53:52

Rank in category: 3(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	12:00	3:41	3	0:13	4	0:13	3.25	12:00	3:41	3	0:13	4	0:13
Lap 2	3.25	12:46	3:55	4	12:45	6	12:45	6.50	24:46	3:48	4	7:31	5	7:31
Lap 3	3.25	12:50	3:56	1	-	1	-	9.75	37:36	3:51	3	4:12	4	4:12
Lap 4	3.25	12:58	3:59	1	-	1	-	13.00	50:34	3:53	3	0:55	3	0:55
Lap 5	3.25	13:30	4:09	2	0:18	4	0:18	16.25	1:04:04	3:56	2	0:29	2	0:29
Lap 6	3.25	13:33	4:10	2	0:15	2	0:15	19.50	1:17:37	3:58	2	0:44	2	0:44
Lap 7	3.25	13:56	4:17	3	0:34	4	0:34	22.75	1:31:33	4:01	2	1:05	2	1:05
Lap 8	3.25	13:57	4:17	3	0:14	4	13:56	26.00	1:45:30	4:03	2	1:17	2	1:17
Lap 9	3.25	14:27	4:26	3	0:28	3	0:28	29.25	1:59:57	4:06	2	1:45	2	1:45
Lap 10	3.25	14:55	4:35	3	0:59	3	0:59	32.50	2:14:52	4:08	3	2:34	3	2:34
Lap 11	3.25	15:45	4:50	3	1:45	5	15:44	35.75	2:30:37	4:12	3	4:18	3	4:18
Lap 12	3.25	15:28	4:45	3	1:38	4	1:38	39.00	2:46:05	4:15	3	5:44	3	5:44
Last lap Finish	3.25	14:25	4:26	3	1:23	4	1:23	42.25	3:00:30	4:16	3	6:38	3	6:38