



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Sperlich, Jens**

Club: LG Rudelsburg Bad Kösen

Number: 797

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:06:58

Speed: 13.48 km/h

Running performance: 4:26 min/km

Rank in course/Total: 4 (of 185)

Rank in course/Men: 4 (of 161)

Best time in course: 2:53:52

Rank in category: 1(of 25)

Best time in the category: 3:06:58

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	12:04	3:42	1	-	5	0:17	3.25	12:04	3:42	1	-	5	0:17
Lap 2	3.25	12:43	3:54	1	-	4	12:42	6.50	24:47	3:48	1	-	6	7:32
Lap 3	3.25	13:00	4:00	1	-	4	0:10	9.75	37:47	3:52	1	-	5	4:23
Lap 4	3.25	13:06	4:01	1	-	2	0:08	13.00	50:53	3:54	1	-	5	1:14
Lap 5	3.25	13:26	4:08	1	-	2	0:14	16.25	1:04:19	3:57	1	-	4	0:44
Lap 6	3.25	13:37	4:11	1	-	3	0:19	19.50	1:17:56	3:59	1	-	4	1:03
Lap 7	3.25	13:59	4:18	1	-	5	0:37	22.75	1:31:55	4:02	1	-	4	1:27
Lap 8	3.25	14:29	4:27	2	14:28	5	14:28	26.00	1:46:24	4:05	1	-	5	2:11
Lap 9	3.25	14:52	4:34	1	-	6	0:53	29.25	2:01:16	4:08	1	-	5	3:04
Lap 10	3.25	16:10	4:58	2	0:26	8	2:14	32.50	2:17:26	4:13	1	-	4	5:08
Lap 11	3.25	16:53	5:11	2	0:55	12	16:52	35.75	2:34:19	4:18	1	-	4	8:00
Lap 12	3.25	16:44	5:08	3	0:25	10	2:54	39.00	2:51:03	4:23	1	-	4	10:42
Last lap Finish	3.25	15:55	4:53	1	-	6	2:53	42.25	3:06:58	4:25	1	-	4	13:06