



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hohls, Dominik

Club: Assel on the road!

Number: 675

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:10:07

Speed: 13.26 km/h

Running performance: 4:30 min/km

Rank in course/Total: 5 (of 185)

Rank in course/Men: 5 (of 161)

Best time in course: 2:53:52

Rank in category: 1(of 24)

Best time in the category: 3:10:07

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	14:01	4:18	4	2:06	14	2:14	3.25	14:01	4:18	4	2:06	14	2:14
Lap 2	3.25	14:27	4:26	3	1:56	12	14:26	6.50	28:28	4:22	4	4:02	14	11:13
Lap 3	3.25	14:26	4:26	3	1:32	9	1:36	9.75	42:54	4:23	3	5:34	12	9:30
Lap 4	3.25	14:33	4:28	4	1:15	11	1:35	13.00	57:27	4:25	3	6:49	11	7:48
Lap 5	3.25	14:36	4:29	3	1:10	9	1:24	16.25	1:12:03	4:26	3	7:59	10	8:28
Lap 6	3.25	15:06	4:38	4	1:17	11	1:48	19.50	1:27:09	4:28	4	9:16	11	10:16
Lap 7	3.25	14:36	4:29	2	0:42	6	1:14	22.75	1:41:45	4:28	4	9:58	11	11:17
Lap 8	3.25	14:43	4:31	2	0:14	7	14:42	26.00	1:56:28	4:28	3	10:12	9	12:15
Lap 9	3.25	14:43	4:31	1	-	4	0:44	29.25	2:11:11	4:29	3	10:08	8	12:59
Lap 10	3.25	15:05	4:38	1	-	4	1:09	32.50	2:26:16	4:30	3	8:16	8	13:58
Lap 11	3.25	14:47	4:32	2	14:46	4	14:46	35.75	2:41:03	4:30	3	4:22	7	14:44
Lap 12	3.25	14:45	4:32	1	-	3	0:55	39.00	2:55:48	4:30	2	0:52	6	15:27
Last lap Finish	3.25	14:19	4:24	1	-	3	1:17	42.25	3:10:07	4:29	1	-	5	16:15