



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Herbert, Stephan

Club: Marathon Steinfurt/Northwood Runners
Number: 666

Course: 42.25 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:30:05

Speed: 12.00 km/h
Running performance: 4:58 min/km

Rank in course/Total: 15 (of 185)

Rank in course/Men: 15 (of 161)

Best time in course: 2:53:52

Rank in category: 4(of 40)

Best time in the category: 3:16:10

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	14:45	4:32	3	1:55	18	2:58	3.25	14:45	4:32	3	1:55	18	2:58
Lap 2	3.25	15:13	4:40	3	1:46	18	15:12	6.50	29:58	4:36	3	3:41	19	12:43
Lap 3	3.25	15:31	4:46	4	1:44	21	2:41	9.75	45:29	4:39	3	5:25	19	12:05
Lap 4	3.25	15:23	4:44	3	1:14	18	2:25	13.00	1:00:52	4:40	3	6:39	19	11:13
Lap 5	3.25	15:29	4:45	3	1:14	17	2:17	16.25	1:16:21	4:41	3	7:53	19	12:46
Lap 6	3.25	15:46	4:51	4	1:14	19	2:28	19.50	1:32:07	4:43	3	9:07	19	15:14
Lap 7	3.25	16:02	4:56	4	1:14	17	2:40	22.75	1:48:09	4:45	3	10:21	19	17:41
Lap 8	3.25	16:22	5:02	5	1:31	17	16:21	26.00	2:04:31	4:47	4	11:34	22	20:18
Lap 9	3.25	16:29	5:04	5	0:50	15	2:30	29.25	2:21:00	4:49	4	12:24	22	22:48
Lap 10	3.25	17:03	5:14	5	1:04	16	3:07	32.50	2:38:03	4:51	4	13:28	19	25:45
Lap 11	3.25	17:23	5:20	4	1:10	16	17:22	35.75	2:55:26	4:54	4	14:10	19	29:07
Lap 12	3.25	17:25	5:21	3	1:10	15	3:35	39.00	3:12:51	4:56	4	14:09	18	32:30
Last lap Finish	3.25	17:14	5:18	6	1:01	21	4:12	42.25	3:30:05	4:58	4	13:55	15	36:13