



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bodach, Christian

Club: Tri-Geckos Dortmund

Number: 610

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:33:49

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 20 (of 185)

Rank in course/Men: 19 (of 161)

Best time in course: 2:53:52

Rank in category: 6(of 24)

Best time in the category: 3:10:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	15:09	4:39	6	3:14	23	3:22	3.25	15:09	4:39	6	3:14	23	3:22
Lap 2	3.25	15:48	4:51	7	3:17	31	15:47	6.50	30:57	4:45	6	6:31	27	13:42
Lap 3	3.25	16:30	5:04	9	3:36	42	3:40	9.75	47:27	4:52	6	10:07	30	14:03
Lap 4	3.25	16:44	5:08	9	3:26	39	3:46	13.00	1:04:11	4:56	6	13:33	30	14:32
Lap 5	3.25	16:42	5:08	8	3:16	34	3:30	16.25	1:20:53	4:58	7	16:49	31	17:18
Lap 6	3.25	17:06	5:15	10	3:17	42	3:48	19.50	1:37:59	5:01	8	20:06	31	21:06
Lap 7	3.25	16:28	5:03	8	2:34	24	3:06	22.75	1:54:27	5:01	8	22:40	30	23:59
Lap 8	3.25	16:44	5:08	5	2:15	20	16:43	26.00	2:11:11	5:02	8	24:55	30	26:58
Lap 9	3.25	16:32	5:05	5	1:49	16	2:33	29.25	2:27:43	5:03	8	26:40	28	29:31
Lap 10	3.25	16:55	5:12	3	1:50	13	2:59	32.50	2:44:38	5:03	6	26:38	26	32:20
Lap 11	3.25	16:47	5:09	4	16:46	10	16:46	35.75	3:01:25	5:04	6	24:44	26	35:06
Lap 12	3.25	16:37	5:06	3	1:52	8	2:47	39.00	3:18:02	5:04	6	23:06	22	37:41
Last lap Finish	3.25	15:47	4:51	2	1:28	5	2:45	42.25	3:33:49	5:03	6	23:42	19	39:57