



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Esser, Lothar

Club: Spiridon Frankfurt

Number: 629

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 3:37:19

Speed: 11.60 km/h

Running performance: 5:08 min/km

Rank in course/Total: 22 (of 185)

Rank in course/Men: 21 (of 161)

Best time in course: 2:53:52

Rank in category: 2(of 12)

Best time in the category: 3:31:08

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	15:07	4:39	2	0:37	21	3:20	3.25	15:07	4:39	2	0:37	21	3:20
Lap 2	3.25	16:05	4:56	2	1:25	36	16:04	6.50	31:12	4:47	2	2:02	29	13:57
Lap 3	3.25	15:57	4:54	2	1:04	25	3:07	9.75	47:09	4:50	2	3:06	27	13:45
Lap 4	3.25	16:04	4:56	2	1:11	22	3:06	13.00	1:03:13	4:51	2	4:17	26	13:34
Lap 5	3.25	15:44	4:50	2	0:40	21	2:32	16.25	1:18:57	4:51	2	4:57	24	15:22
Lap 6	3.25	15:47	4:51	2	0:29	20	2:29	19.50	1:34:44	4:51	2	5:26	22	17:51
Lap 7	3.25	16:07	4:57	2	0:36	18	2:45	22.75	1:50:51	4:52	2	6:02	22	20:23
Lap 8	3.25	16:55	5:12	2	0:46	23	16:54	26.00	2:07:46	4:54	2	6:48	23	23:33
Lap 9	3.25	17:10	5:16	2	0:11	23	3:11	29.25	2:24:56	4:57	2	6:59	23	26:44
Lap 10	3.25	17:20	5:19	1	-	20	3:24	32.50	2:42:16	4:59	2	6:21	23	29:58
Lap 11	3.25	17:41	5:26	1	-	23	17:40	35.75	2:59:57	5:02	2	5:58	23	33:38
Lap 12	3.25	18:25	5:40	2	0:12	29	4:35	39.00	3:18:22	5:05	2	5:58	23	38:01
Last lap Finish	3.25	18:57	5:49	3	2:20	46	5:55	42.25	3:37:19	5:08	2	6:11	21	43:27