



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kipper, René

Club: Steinbach

Number: 699

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:38:23

Speed: 11.54 km/h

Running performance: 5:10 min/km

Rank in course/Total: 24 (of 185)

Rank in course/Men: 23 (of 161)

Best time in course: 2:53:52

Rank in category: 4(of 13)

Best time in the category: 2:53:52

| 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 | 17:14 | 5:18 | 5 | 5:27 | 57 | 5:27 | 3.25 | 17:14 | 5:18 | 5 | 5:27 | 57 | 5:27 |
| Lap 2 | 3.25 | 0:01 | 0:00 | 1 | - | 1 | - | 6.50 | 17:15 | 2:39 | 1 | - | 1 | - |
| Lap 3 | 3.25 | 16:09 | 4:58 | 4 | 3:19 | 32 | 3:19 | 9.75 | 33:24 | 3:25 | 1 | - | 1 | - |
| Lap 4 | 3.25 | 16:15 | 5:00 | 5 | 3:17 | 28 | 3:17 | 13.00 | 49:39 | 3:49 | 1 | - | 1 | - |
| Lap 5 | 3.25 | 16:46 | 5:09 | 6 | 3:34 | 39 | 3:34 | 16.25 | 1:06:25 | 4:05 | 4 | 2:50 | 6 | 2:50 |
| Lap 6 | 3.25 | 17:56 | 5:31 | 6 | 4:38 | 55 | 4:38 | 19.50 | 1:24:21 | 4:19 | 4 | 7:28 | 8 | 7:28 |
| Lap 7 | 3.25 | 16:42 | 5:08 | 4 | 3:20 | 27 | 3:20 | 22.75 | 1:41:03 | 4:26 | 4 | 10:35 | 9 | 10:35 |
| Lap 8 | 3.25 | 16:57 | 5:12 | 4 | 3:14 | 24 | 16:56 | 26.00 | 1:58:00 | 4:32 | 4 | 13:47 | 12 | 13:47 |
| Lap 9 | 3.25 | 17:20 | 5:19 | 4 | 3:21 | 27 | 3:21 | 29.25 | 2:15:20 | 4:37 | 4 | 17:08 | 14 | 17:08 |
| Lap 10 | 3.25 | 17:34 | 5:24 | 4 | 3:38 | 23 | 3:38 | 32.50 | 2:32:54 | 4:42 | 4 | 20:36 | 13 | 20:36 |
| Lap 11 | 3.25 | 17:48 | 5:28 | 4 | 3:48 | 25 | 17:47 | 35.75 | 2:50:42 | 4:46 | 4 | 24:23 | 13 | 24:23 |
| Lap 12 | 3.25 | 16:49 | 5:10 | 4 | 2:59 | 11 | 2:59 | 39.00 | 3:07:31 | 4:48 | 4 | 27:10 | 11 | 27:10 |
| Last lap Finish | 3.25 | 30:52 | 9:29 | 12 | 17:50 | 152 | 17:50 | 42.25 | 3:38:23 | 5:10 | 4 | 44:31 | 23 | 44:31 |