



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: 11.61 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