



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Zitzenbacher, Fredl

Total time: 3:39:14

Club: SCHWARZACH TRAIL Raceteam by Salomon
Number: 845

Speed: 11.56 km/h

Running performance: 5:11 min/km

Course: 42.25 km
Marathon

Rank in course/Total: 26 (of 185)

Rank in course/Men: 25 (of 161)

Best time in course: 2:53:52

Category:

Rank in category: 5(of 40)

Senioren M50 (50-54 Jahre)

Best time in the category: 3:16:10

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	15:22	4:43	7	2:32	28	3:35	3.25	15:22	4:43	7	2:32	28	3:35
Lap 2	3.25	16:22	5:02	7	2:55	42	16:21	6.50	31:44	4:52	7	5:27	32	14:29
Lap 3	3.25	16:40	5:07	9	2:53	48	3:50	9.75	48:24	4:57	8	8:20	37	15:00
Lap 4	3.25	16:50	5:10	7	2:41	40	3:52	13.00	1:05:14	5:01	8	11:01	37	15:35
Lap 5	3.25	16:49	5:10	7	2:34	41	3:37	16.25	1:22:03	5:02	6	13:35	34	18:28
Lap 6	3.25	16:56	5:12	7	2:24	37	3:38	19.50	1:38:59	5:04	6	15:59	35	22:06
Lap 7	3.25	17:04	5:15	6	2:16	32	3:42	22.75	1:56:03	5:06	6	18:15	34	25:35
Lap 8	3.25	17:11	5:17	7	2:20	33	17:10	26.00	2:13:14	5:07	6	20:17	35	29:01
Lap 9	3.25	17:02	5:14	6	1:23	20	3:03	29.25	2:30:16	5:08	6	21:40	32	32:04
Lap 10	3.25	17:07	5:15	6	1:08	17	3:11	32.50	2:47:23	5:09	5	22:48	31	35:05
Lap 11	3.25	17:37	5:25	5	1:24	20	17:36	35.75	3:05:00	5:10	5	23:44	31	38:41
Lap 12	3.25	17:35	5:24	5	1:20	20	3:45	39.00	3:22:35	5:11	5	23:53	28	42:14
Last lap Finish	3.25	16:39	5:07	3	0:26	14	3:37	42.25	3:39:14	5:11	5	23:04	25	45:22