



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Schrader, Mark**

Club: SV Amelsen

Number: 785

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:43:26

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 30 (of 185)

Rank in course/Men: 28 (of 161)

Best time in course: 2:53:52

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:09	4:58	7	4:14	39	4:22	3.25	16:09	4:58	7	4:14	39	4:22
Lap 2	3.25	16:01	4:55	8	3:30	35	16:00	6.50	32:10	4:56	7	7:44	38	14:55
Lap 3	3.25	16:08	4:57	7	3:14	31	3:18	9.75	48:18	4:57	7	10:58	33	14:54
Lap 4	3.25	16:17	5:00	7	2:59	31	3:19	13.00	1:04:35	4:58	8	13:57	32	14:56
Lap 5	3.25	16:23	5:02	7	2:57	25	3:11	16.25	1:20:58	4:58	8	16:54	32	17:23
Lap 6	3.25	15:55	4:53	7	2:06	23	2:37	19.50	1:36:53	4:58	7	19:00	28	20:00
Lap 7	3.25	16:23	5:02	5	2:29	20	3:01	22.75	1:53:16	4:58	7	21:29	28	22:48
Lap 8	3.25	16:58	5:13	7	2:29	26	16:57	26.00	2:10:14	5:00	7	23:58	27	26:01
Lap 9	3.25	17:25	5:21	8	2:42	28	3:26	29.25	2:27:39	5:02	7	26:36	27	29:27
Lap 10	3.25	17:58	5:31	8	2:53	31	4:02	32.50	2:45:37	5:05	8	27:37	28	33:19
Lap 11	3.25	18:52	5:48	11	18:51	42	18:51	35.75	3:04:29	5:09	8	27:48	29	38:10
Lap 12	3.25	19:02	5:51	10	4:17	40	5:12	39.00	3:23:31	5:13	7	28:35	30	43:10
Last lap Finish	3.25	19:55	6:07	11	5:36	59	6:53	42.25	3:43:26	5:17	7	33:19	28	49:34