



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

### Schwuchow, Manuel

Club: Erdinger Alkoholfrei

Number: 795

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:44:25

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 33 (of 185)

Rank in course/Men: 30 (of 161)

Best time in course: 2:53:52

Rank in category: 8(of 24)

Best time in the category: 3:10:07

### 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               | 17:20      | 5:19         | 12       | 5:25        | 61      | 5:33       | 3.25     | 17:20         | 5:19         | 12       | 5:25        | 61      | 5:33       |
| Lap 2           | 3.25               | 16:14      | 4:59         | 9        | 3:43        | 39      | 16:13      | 6.50     | 33:34         | 5:09         | 9        | 9:08        | 51      | 16:19      |
| Lap 3           | 3.25               | 16:22      | 5:02         | 8        | 3:28        | 36      | 3:32       | 9.75     | 49:56         | 5:07         | 9        | 12:36       | 46      | 16:32      |
| Lap 4           | 3.25               | 16:38      | 5:07         | 8        | 3:20        | 37      | 3:40       | 13.00    | 1:06:34       | 5:07         | 9        | 15:56       | 45      | 16:55      |
| Lap 5           | 3.25               | 16:45      | 5:09         | 10       | 3:19        | 37      | 3:33       | 16.25    | 1:23:19       | 5:07         | 9        | 19:15       | 45      | 19:44      |
| Lap 6           | 3.25               | 17:14      | 5:18         | 11       | 3:25        | 44      | 3:56       | 19.50    | 1:40:33       | 5:09         | 9        | 22:40       | 45      | 23:40      |
| Lap 7           | 3.25               | 17:08      | 5:16         | 10       | 3:14        | 39      | 3:46       | 22.75    | 1:57:41       | 5:10         | 9        | 25:54       | 43      | 27:13      |
| Lap 8           | 3.25               | 17:06      | 5:15         | 9        | 2:37        | 30      | 17:05      | 26.00    | 2:14:47       | 5:11         | 9        | 28:31       | 41      | 30:34      |
| Lap 9           | 3.25               | 17:15      | 5:18         | 7        | 2:32        | 26      | 3:16       | 29.25    | 2:32:02       | 5:11         | 9        | 30:59       | 40      | 33:50      |
| Lap 10          | 3.25               | 17:42      | 5:26         | 7        | 2:37        | 25      | 3:46       | 32.50    | 2:49:44       | 5:13         | 9        | 31:44       | 36      | 37:26      |
| Lap 11          | 3.25               | 18:50      | 5:47         | 10       | 18:49       | 41      | 18:49      | 35.75    | 3:08:34       | 5:16         | 9        | 31:53       | 35      | 42:15      |
| Lap 12          | 3.25               | 18:17      | 5:37         | 6        | 3:32        | 26      | 4:27       | 39.00    | 3:26:51       | 5:18         | 9        | 31:55       | 34      | 46:30      |
| Last lap Finish | 3.25               | 17:34      | 5:24         | 7        | 3:15        | 27      | 4:32       | 42.25    | 3:44:25       | 5:18         | 8        | 34:18       | 30      | 50:33      |