



# 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: 11.23 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	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