



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Fischer, Sebastian

Club: Fanclub Marlene Fischer

Number: 636

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:44:31

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 35 (of 185)

Rank in course/Men: 32 (of 161)

Best time in course: 2:53:52

Rank in category: 9(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	17:21	5:20	13	5:26	62	5:34	3.25	17:21	5:20	13	5:26	62	5:34
Lap 2	3.25	15:36	4:47	6	3:05	27	15:35	6.50	32:57	5:04	8	8:31	44	15:42
Lap 3	3.25	15:26	4:44	6	2:32	18	2:36	9.75	48:23	4:57	8	11:03	36	14:59
Lap 4	3.25	16:05	4:56	6	2:47	23	3:07	13.00	1:04:28	4:57	7	13:50	31	14:49
Lap 5	3.25	15:44	4:50	6	2:18	21	2:32	16.25	1:20:12	4:56	6	16:08	28	16:37
Lap 6	3.25	15:54	4:53	6	2:05	22	2:36	19.50	1:36:06	4:55	6	18:13	27	19:13
Lap 7	3.25	16:27	5:03	7	2:33	23	3:05	22.75	1:52:33	4:56	6	20:46	25	22:05
Lap 8	3.25	17:02	5:14	8	2:33	29	17:01	26.00	2:09:35	4:59	6	23:19	26	25:22
Lap 9	3.25	17:13	5:17	6	2:30	25	3:14	29.25	2:26:48	5:01	6	25:45	26	28:36
Lap 10	3.25	18:01	5:32	9	2:56	33	4:05	32.50	2:44:49	5:04	7	26:49	27	32:31
Lap 11	3.25	19:14	5:55	12	19:13	45	19:13	35.75	3:04:03	5:08	7	27:22	27	37:44
Lap 12	3.25	20:18	6:14	12	5:33	59	6:28	39.00	3:24:21	5:14	8	29:25	31	44:00
Last lap Finish	3.25	20:10	6:12	12	5:51	61	7:08	42.25	3:44:31	5:18	9	34:24	32	50:39