



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Müller, Frank**

Club: Alpengrosser

Number: 737

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:46:12

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 39 (of 185)

Rank in course/Men: 36 (of 161)

Best time in course: 2:53:52

Rank in category: 10(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	17:10	5:16	10	5:15	56	5:23	3.25	17:10	5:16	10	5:15	56	5:23
Lap 2	3.25	16:34	5:05	10	4:03	48	16:33	6.50	33:44	5:11	10	9:18	52	16:29
Lap 3	3.25	17:13	5:17	10	4:19	55	4:23	9.75	50:57	5:13	10	13:37	55	17:33
Lap 4	3.25	16:50	5:10	10	3:32	40	3:52	13.00	1:07:47	5:12	10	17:09	52	18:08
Lap 5	3.25	16:43	5:08	9	3:17	35	3:31	16.25	1:24:30	5:12	10	20:26	50	20:55
Lap 6	3.25	16:49	5:10	8	3:00	31	3:31	19.50	1:41:19	5:11	10	23:26	49	24:26
Lap 7	3.25	17:07	5:15	9	3:13	38	3:45	22.75	1:58:26	5:12	10	26:39	46	27:58
Lap 8	3.25	17:12	5:17	10	2:43	34	17:11	26.00	2:15:38	5:13	10	29:22	44	31:25
Lap 9	3.25	17:44	5:27	11	3:01	36	3:45	29.25	2:33:22	5:14	10	32:19	42	35:10
Lap 10	3.25	18:05	5:33	11	3:00	35	4:09	32.50	2:51:27	5:16	10	33:27	41	39:09
Lap 11	3.25	18:22	5:39	7	18:21	32	18:21	35.75	3:09:49	5:18	10	33:08	40	43:30
Lap 12	3.25	18:25	5:40	7	3:40	29	4:35	39.00	3:28:14	5:20	10	33:18	38	47:53
Last lap Finish	3.25	17:58	5:31	9	3:39	33	4:56	42.25	3:46:12	5:21	10	36:05	36	52:20