



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hauck, Thomas

Club: TV Okriftel

Number: 660

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:45:47

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 38 (of 185)

Rank in course/Men: 35 (of 161)

Best time in course: 2:53:52

Rank in category: 7(of 25)

Best time in the category: 3:06:58

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	16:17	5:00	10	4:13	40	4:30	3.25	16:17	5:00	10	4:13	40	4:30
Lap 2	3.25	16:13	4:59	10	3:30	38	16:12	6.50	32:30	5:00	10	7:43	40	15:15
Lap 3	3.25	16:29	5:04	10	3:29	40	3:39	9.75	48:59	5:01	10	11:12	42	15:35
Lap 4	3.25	16:37	5:06	9	3:31	35	3:39	13.00	1:05:36	5:02	10	14:43	41	15:57
Lap 5	3.25	16:30	5:04	6	3:04	29	3:18	16.25	1:22:06	5:03	10	17:47	37	18:31
Lap 6	3.25	17:38	5:25	9	4:01	48	4:20	19.50	1:39:44	5:06	10	21:48	40	22:51
Lap 7	3.25	16:45	5:09	7	2:46	30	3:23	22.75	1:56:29	5:07	9	24:34	38	26:01
Lap 8	3.25	17:39	5:25	9	17:38	44	17:38	26.00	2:14:08	5:09	9	27:44	39	29:55
Lap 9	3.25	17:32	5:23	6	2:40	32	3:33	29.25	2:31:40	5:11	9	30:24	38	33:28
Lap 10	3.25	18:51	5:48	9	3:07	48	4:55	32.50	2:50:31	5:14	8	33:05	38	38:13
Lap 11	3.25	18:25	5:40	8	2:27	35	18:24	35.75	3:08:56	5:17	8	34:37	37	42:37
Lap 12	3.25	18:55	5:49	8	2:36	37	5:05	39.00	3:27:51	5:19	8	36:48	36	47:30
Last lap Finish	3.25	17:56	5:31	6	2:01	31	4:54	42.25	3:45:47	5:20	7	38:49	35	51:55