



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Lichtenstern, Michael

Club: Dachau

Number: 721

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:46:50

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 40 (of 185)

Rank in course/Men: 37 (of 161)

Best time in course: 2:53:52

Rank in category: 11(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	17:42	5:26	14	5:47	74	5:55	3.25	17:42	5:26	14	5:47	74	5:55
Lap 2	3.25	17:50	5:29	13	5:19	80	17:49	6.50	35:32	5:28	13	11:06	77	18:17
Lap 3	3.25	17:48	5:28	11	4:54	68	4:58	9.75	53:20	5:28	12	16:00	72	19:56
Lap 4	3.25	18:00	5:32	12	4:42	66	5:02	13.00	1:11:20	5:29	11	20:42	69	21:41
Lap 5	3.25	17:13	5:17	11	3:47	47	4:01	16.25	1:28:33	5:26	11	24:29	62	24:58
Lap 6	3.25	17:03	5:14	9	3:14	41	3:45	19.50	1:45:36	5:24	11	27:43	58	28:43
Lap 7	3.25	17:17	5:19	11	3:23	44	3:55	22.75	2:02:53	5:24	11	31:06	53	32:25
Lap 8	3.25	17:42	5:26	11	3:13	46	17:41	26.00	2:20:35	5:24	11	34:19	52	36:22
Lap 9	3.25	17:36	5:24	10	2:53	35	3:37	29.25	2:38:11	5:24	11	37:08	49	39:59
Lap 10	3.25	17:16	5:18	6	2:11	19	3:20	32.50	2:55:27	5:23	11	37:27	47	43:09
Lap 11	3.25	17:28	5:22	5	17:27	18	17:27	35.75	3:12:55	5:23	11	36:14	46	46:36
Lap 12	3.25	17:50	5:29	4	3:05	22	4:00	39.00	3:30:45	5:24	11	35:49	43	50:24
Last lap Finish	3.25	16:05	4:56	3	1:46	8	3:03	42.25	3:46:50	5:22	11	36:43	37	52:58