



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hamacher, Markus

Club: Jüchen

Number: 657

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:47:24

Speed: 11.08 km/h

Running performance: 5:23 min/km

Rank in course/Total: 42 (of 185)

Rank in course/Men: 39 (of 161)

Best time in course: 2:53:52

Rank in category: 7(of 40)

Best time in the category: 3:16:10

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	17:36	5:24	13	4:46	71	5:49	3.25	17:36	5:24	13	4:46	71	5:49
Lap 2	3.25	17:16	5:18	11	3:49	60	17:15	6.50	34:52	5:21	12	8:35	65	17:37
Lap 3	3.25	17:08	5:16	10	3:21	53	4:18	9.75	52:00	5:19	11	11:56	60	18:36
Lap 4	3.25	17:23	5:20	9	3:14	53	4:25	13.00	1:09:23	5:20	11	15:10	58	19:44
Lap 5	3.25	16:46	5:09	6	2:31	39	3:34	16.25	1:26:09	5:18	10	17:41	53	22:34
Lap 6	3.25	17:02	5:14	9	2:30	40	3:44	19.50	1:43:11	5:17	10	20:11	51	26:18
Lap 7	3.25	16:46	5:09	5	1:58	31	3:24	22.75	1:59:57	5:16	9	22:09	49	29:29
Lap 8	3.25	17:15	5:18	8	2:24	36	17:14	26.00	2:17:12	5:16	9	24:15	46	32:59
Lap 9	3.25	17:31	5:23	8	1:52	31	3:32	29.25	2:34:43	5:17	9	26:07	45	36:31
Lap 10	3.25	17:45	5:27	7	1:46	26	3:49	32.50	2:52:28	5:18	9	27:53	44	40:10
Lap 11	3.25	17:58	5:31	8	1:45	27	17:57	35.75	3:10:26	5:19	9	29:10	41	44:07
Lap 12	3.25	18:19	5:38	7	2:04	27	4:29	39.00	3:28:45	5:21	8	30:03	39	48:24
Last lap Finish	3.25	18:39	5:44	12	2:26	39	5:37	42.25	3:47:24	5:22	7	31:14	39	53:32