



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Urban, Martin

Club: Heimatverein Kaufbach e.V.

Number: 821

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:45:18

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 37 (of 185)

Rank in course/Men: 34 (of 161)

Best time in course: 2:53:52

Rank in category: 3(of 12)

Best time in the category: 3:32:46

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	16:25	5:03	3	3:38	41	4:38	3.25	16:25	5:03	3	3:38	41	4:38
Lap 2	3.25	15:44	4:50	2	1:57	29	15:43	6.50	32:09	4:56	3	5:35	37	14:54
Lap 3	3.25	15:54	4:53	2	2:01	24	3:04	9.75	48:03	4:55	3	7:36	32	14:39
Lap 4	3.25	15:39	4:48	2	1:34	19	2:41	13.00	1:03:42	4:54	3	9:10	28	14:03
Lap 5	3.25	15:59	4:55	2	1:27	23	2:47	16.25	1:19:41	4:54	3	10:37	26	16:06
Lap 6	3.25	16:20	5:01	3	1:06	25	3:02	19.50	1:36:01	4:55	3	11:43	26	19:08
Lap 7	3.25	16:42	5:08	3	0:43	27	3:20	22.75	1:52:43	4:57	3	12:26	26	22:15
Lap 8	3.25	17:31	5:23	3	0:43	41	17:30	26.00	2:10:14	5:00	3	13:09	27	26:01
Lap 9	3.25	18:03	5:33	3	1:09	43	4:04	29.25	2:28:17	5:04	3	13:20	29	30:05
Lap 10	3.25	18:38	5:44	3	1:15	44	4:42	32.50	2:46:55	5:08	3	13:30	29	34:37
Lap 11	3.25	19:23	5:57	3	2:18	48	19:22	35.75	3:06:18	5:12	3	13:31	32	39:59
Lap 12	3.25	19:53	6:07	2	3:03	51	6:03	39.00	3:26:11	5:17	3	12:45	33	45:50
Last lap Finish	3.25	19:07	5:52	2	2:51	48	6:05	42.25	3:45:18	5:19	3	12:32	34	51:26