



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gentz, Armin

Club: Gransee

Number: 642

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:50:33

Speed: 11.00 km/h

Running performance: 5:28 min/km

Rank in course/Total: 46 (of 185)

Rank in course/Men: 43 (of 161)

Best time in course: 2:53:52

Rank in category: 8(of 25)

Best time in the category: 3:06:58

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	17:28	5:22	13	5:24	66	5:41	3.25	17:28	5:22	13	5:24	66	5:41
Lap 2	3.25	17:37	5:25	15	4:54	69	17:36	6.50	35:05	5:23	15	10:18	68	17:50
Lap 3	3.25	17:54	5:30	14	4:54	72	5:04	9.75	52:59	5:26	14	15:12	68	19:35
Lap 4	3.25	18:04	5:33	15	4:58	71	5:06	13.00	1:11:03	5:27	14	20:10	66	21:24
Lap 5	3.25	18:04	5:33	12	4:38	63	4:52	16.25	1:29:07	5:29	14	24:48	69	25:32
Lap 6	3.25	17:51	5:29	10	4:14	52	4:33	19.50	1:46:58	5:29	13	29:02	63	30:05
Lap 7	3.25	17:48	5:28	10	3:49	48	4:26	22.75	2:04:46	5:29	13	32:51	62	34:18
Lap 8	3.25	18:05	5:33	10	18:04	50	18:04	26.00	2:22:51	5:29	11	36:27	57	38:38
Lap 9	3.25	17:53	5:30	8	3:01	40	3:54	29.25	2:40:44	5:29	11	39:28	55	42:32
Lap 10	3.25	17:51	5:29	6	2:07	29	3:55	32.50	2:58:35	5:29	10	41:09	50	46:17
Lap 11	3.25	17:40	5:26	5	1:42	21	17:39	35.75	3:16:15	5:29	9	41:56	48	49:56
Lap 12	3.25	17:33	5:24	5	1:14	19	3:43	39.00	3:33:48	5:28	9	42:45	47	53:27
Last lap Finish	3.25	16:45	5:09	4	0:50	15	3:43	42.25	3:50:33	5:27	8	43:35	43	56:41