



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Löll, Markus

Club: AS Neukirchen Vluyn

Number: 724

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:51:56

Speed: 10.87 km/h

Running performance: 5:29 min/km

Rank in course/Total: 48 (of 185)

Rank in course/Men: 45 (of 161)

Best time in course: 2:53:52

Rank in category: 9(of 25)

Best time in the category: 3:06:58

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Stage score | | Pos | Behind | Total | | Pos | Behind | Total ranking | |
|-----------------|-------|-------|------|--------|-------------|------|-------|--------|---------|------|-----|--------|---------------|-------|
| | km | Time | | | min/km | Cat. | | | Men | Men | | | km | Time |
| Lap 1 | 3.25 | 17:55 | 5:30 | 17 | 5:51 | 88 | 6:08 | 3.25 | 17:55 | 5:30 | 17 | 5:51 | 88 | 6:08 |
| Lap 2 | 3.25 | 17:43 | 5:27 | 16 | 5:00 | 75 | 17:42 | 6.50 | 35:38 | 5:28 | 16 | 10:51 | 80 | 18:23 |
| Lap 3 | 3.25 | 18:15 | 5:36 | 16 | 5:15 | 84 | 5:25 | 9.75 | 53:53 | 5:31 | 16 | 16:06 | 81 | 20:29 |
| Lap 4 | 3.25 | 17:44 | 5:27 | 11 | 4:38 | 57 | 4:46 | 13.00 | 1:11:37 | 5:30 | 15 | 20:44 | 72 | 21:58 |
| Lap 5 | 3.25 | 17:43 | 5:27 | 11 | 4:17 | 57 | 4:31 | 16.25 | 1:29:20 | 5:29 | 15 | 25:01 | 70 | 25:45 |
| Lap 6 | 3.25 | 19:25 | 5:58 | 17 | 5:48 | 93 | 6:07 | 19.50 | 1:48:45 | 5:34 | 15 | 30:49 | 70 | 31:52 |
| Lap 7 | 3.25 | 18:02 | 5:32 | 11 | 4:03 | 52 | 4:40 | 22.75 | 2:06:47 | 5:34 | 14 | 34:52 | 69 | 36:19 |
| Lap 8 | 3.25 | 18:42 | 5:45 | 12 | 18:41 | 60 | 18:41 | 26.00 | 2:25:29 | 5:35 | 14 | 39:05 | 66 | 41:16 |
| Lap 9 | 3.25 | 18:22 | 5:39 | 10 | 3:30 | 49 | 4:23 | 29.25 | 2:43:51 | 5:36 | 12 | 42:35 | 62 | 45:39 |
| Lap 10 | 3.25 | 18:15 | 5:36 | 8 | 2:31 | 38 | 4:19 | 32.50 | 3:02:06 | 5:36 | 11 | 44:40 | 59 | 49:48 |
| Lap 11 | 3.25 | 17:05 | 5:15 | 3 | 1:07 | 13 | 17:04 | 35.75 | 3:19:11 | 5:34 | 11 | 44:52 | 54 | 52:52 |
| Lap 12 | 3.25 | 16:42 | 5:08 | 2 | 0:23 | 9 | 2:52 | 39.00 | 3:35:53 | 5:32 | 10 | 44:50 | 49 | 55:32 |
| Last lap Finish | 3.25 | 16:03 | 4:56 | 2 | 0:08 | 7 | 3:01 | 42.25 | 3:51:56 | 5:29 | 9 | 44:58 | 45 | 58:04 |