



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: 10.93 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
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