



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Pirngruber, Richard

Club: TRI+RUN Autohaus Mayr Schwarzach
Number: 750

Course: 42.25 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:52:55

Speed: 10.88 km/h
Running performance: 5:31 min/km

Rank in course/Total: 50 (of 185)

Rank in course/Men: 47 (of 161)

Best time in course: 2:53:52

Rank in category: 5(of 30)

Best time in the category: 3:39:08

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	15:23	4:44	2	1:38	29	3:36	3.25	15:23	4:44	2	1:38	29	3:36
Lap 2	3.25	16:21	5:01	3	2:17	41	16:20	6.50	31:44	4:52	2	3:55	32	14:29
Lap 3	3.25	16:40	5:07	4	2:11	48	3:50	9.75	48:24	4:57	2	6:06	37	15:00
Lap 4	3.25	16:50	5:10	3	1:59	40	3:52	13.00	1:05:14	5:01	3	8:05	37	15:35
Lap 5	3.25	16:49	5:10	4	1:23	41	3:37	16.25	1:22:03	5:02	3	9:28	34	18:28
Lap 6	3.25	16:56	5:12	4	0:46	37	3:38	19.50	1:38:59	5:04	4	10:14	35	22:06
Lap 7	3.25	17:05	5:15	3	0:41	35	3:43	22.75	1:56:04	5:06	3	10:55	35	25:36
Lap 8	3.25	17:25	5:21	3	0:28	37	17:24	26.00	2:13:29	5:08	4	10:55	36	29:16
Lap 9	3.25	18:30	5:41	6	1:27	52	4:31	29.25	2:31:59	5:11	4	11:29	39	33:47
Lap 10	3.25	19:14	5:55	6	2:05	54	5:18	32.50	2:51:13	5:16	4	11:14	40	38:55
Lap 11	3.25	19:49	6:05	7	2:23	55	19:48	35.75	3:11:02	5:20	5	10:27	43	44:43
Lap 12	3.25	20:14	6:13	8	3:01	58	6:24	39.00	3:31:16	5:25	5	9:43	45	50:55
Last lap Finish	3.25	21:39	6:39	14	4:24	84	8:37	42.25	3:52:55	5:30	5	13:47	47	59:03