



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Steinke, Jörg

Club: Glinde

Number: 801

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:54:19

Speed: 10.82 km/h

Running performance: 5:33 min/km

Rank in course/Total: 52 (of 185)

Rank in course/Men: 49 (of 161)

Best time in course: 2:53:52

Rank in category: 10(of 40)

Best time in the category: 3:16:10

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	17:47	5:28	15	4:57	79	6:00	3.25	17:47	5:28	15	4:57	79	6:00
Lap 2	3.25	18:15	5:36	20	4:48	99	18:14	6.50	36:02	5:32	20	9:45	90	18:47
Lap 3	3.25	18:47	5:46	22	5:00	102	5:57	9.75	54:49	5:37	18	14:45	92	21:25
Lap 4	3.25	19:06	5:52	22	4:57	95	6:08	13.00	1:13:55	5:41	18	19:42	93	24:16
Lap 5	3.25	20:16	6:14	25	6:01	117	7:04	16.25	1:34:11	5:47	22	25:43	101	30:36
Lap 6	3.25	19:45	6:04	24	5:13	101	6:27	19.50	1:53:56	5:50	22	30:56	99	37:03
Lap 7	3.25	19:43	6:03	22	4:55	89	6:21	22.75	2:13:39	5:52	22	35:51	99	43:11
Lap 8	3.25	14:51	4:34	1	-	9	14:50	26.00	2:28:30	5:42	17	35:33	76	44:17
Lap 9	3.25	15:39	4:48	1	-	9	1:40	29.25	2:44:09	5:36	12	35:33	63	45:57
Lap 10	3.25	16:19	5:01	2	0:20	9	2:23	32.50	3:00:28	5:33	11	35:53	55	48:10
Lap 11	3.25	17:43	5:27	7	1:30	24	17:42	35.75	3:18:11	5:32	10	36:55	51	51:52
Lap 12	3.25	18:19	5:38	7	2:04	27	4:29	39.00	3:36:30	5:33	10	37:48	50	56:09
Last lap Finish	3.25	17:49	5:28	10	1:36	30	4:47	42.25	3:54:19	5:32	10	38:09	49	1:00:27