



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schaab, Dieter

Club: Lokomotive Auxburg

Number: 774

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:56:38

Speed: 10.65 km/h

Running performance: 5:36 min/km

Rank in course/Total: 54 (of 185)

Rank in course/Men: 51 (of 161)

Best time in course: 2:53:52

Rank in category: 11(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	15:26	4:44	8	3:22	31	3:39	3.25	15:26	4:44	8	3:22	31	3:39
Lap 2	3.25	15:47	4:51	9	3:04	30	15:46	6.50	31:13	4:48	9	6:26	30	13:58
Lap 3	3.25	16:04	4:56	8	3:04	29	3:14	9.75	47:17	4:50	9	9:30	29	13:53
Lap 4	3.25	16:05	4:56	6	2:59	23	3:07	13.00	1:03:22	4:52	8	12:29	27	13:43
Lap 5	3.25	16:37	5:06	7	3:11	32	3:25	16.25	1:19:59	4:55	7	15:40	27	16:24
Lap 6	3.25	17:07	5:15	8	3:30	43	3:49	19.50	1:37:06	4:58	7	19:10	29	20:13
Lap 7	3.25	17:19	5:19	8	3:20	46	3:57	22.75	1:54:25	5:01	7	22:30	29	23:57
Lap 8	3.25	17:35	5:24	8	17:34	43	17:34	26.00	2:12:00	5:04	8	25:36	31	27:47
Lap 9	3.25	19:24	5:58	13	4:32	66	5:25	29.25	2:31:24	5:10	8	30:08	35	33:12
Lap 10	3.25	25:00	7:41	24	9:16	140	11:04	32.50	2:56:24	5:25	9	38:58	49	44:06
Lap 11	3.25	20:56	6:26	13	4:58	73	20:55	35.75	3:17:20	5:31	10	43:01	49	51:01
Lap 12	3.25	20:09	6:11	11	3:50	57	6:19	39.00	3:37:29	5:34	11	46:26	51	57:08
Last lap Finish	3.25	19:09	5:53	10	3:14	50	6:07	42.25	3:56:38	5:36	11	49:40	51	1:02:46