



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dawo, Markus

Club: cityfitness-regensburg

Number: 619

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:02:13

Speed: 10.40 km/h

Running performance: 5:44 min/km

Rank in course/Total: 60 (of 185)

Rank in course/Men: 55 (of 161)

Best time in course: 2:53:52

Rank in category: 4(of 12)

Best time in the category: 3:32:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:05	5:15	5	4:18	53	5:18	3.25	17:05	5:15	5	4:18	53	5:18
Lap 2	3.25	16:20	5:01	5	2:33	40	16:19	6.50	33:25	5:08	4	6:51	46	16:10
Lap 3	3.25	16:22	5:02	5	2:29	36	3:32	9.75	49:47	5:06	4	9:20	44	16:23
Lap 4	3.25	17:48	5:28	6	3:43	61	4:50	13.00	1:07:35	5:11	5	13:03	50	17:56
Lap 5	3.25	16:26	5:03	3	1:54	26	3:14	16.25	1:24:01	5:10	4	14:57	48	20:26
Lap 6	3.25	16:50	5:10	4	1:36	33	3:32	19.50	1:40:51	5:10	4	16:33	47	23:58
Lap 7	3.25	17:18	5:19	4	1:19	45	3:56	22.75	1:58:09	5:11	4	17:52	45	27:41
Lap 8	3.25	17:45	5:27	4	0:57	48	17:44	26.00	2:15:54	5:13	4	18:49	45	31:41
Lap 9	3.25	19:15	5:55	5	2:21	62	5:16	29.25	2:35:09	5:18	4	20:12	47	36:57
Lap 10	3.25	19:58	6:08	4	2:35	70	6:02	32.50	2:55:07	5:23	4	21:42	46	42:49
Lap 11	3.25	22:31	6:55	6	5:26	95	22:30	35.75	3:17:38	5:31	4	24:51	50	51:19
Lap 12	3.25	23:18	7:10	8	6:28	104	9:28	39.00	3:40:56	5:39	4	27:30	54	1:00:35
Last lap Finish	3.25	21:17	6:32	5	5:01	78	8:15	42.25	4:02:13	5:43	4	29:27	55	1:08:21