



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Thomas, Manfred

Club: LFV Oberholz

Number: 813

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:02:42

Speed: 10.38 km/h

Running performance: 5:44 min/km

Rank in course/Total: 62 (of 185)

Rank in course/Men: 57 (of 161)

Best time in course: 2:53:52

Rank in category: 4(of 12)

Best time in the category: 3:31:08

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	17:38	5:25	6	3:08	73	5:51	3.25	17:38	5:25	6	3:08	73	5:51
Lap 2	3.25	16:37	5:06	4	1:57	50	16:36	6.50	34:15	5:16	5	5:05	58	17:00
Lap 3	3.25	16:48	5:10	4	1:55	50	3:58	9.75	51:03	5:14	4	7:00	56	17:39
Lap 4	3.25	17:05	5:15	4	2:12	50	4:07	13.00	1:08:08	5:14	4	9:12	53	18:29
Lap 5	3.25	18:22	5:39	4	3:18	73	5:10	16.25	1:26:30	5:19	4	12:30	54	22:55
Lap 6	3.25	17:55	5:30	4	2:37	54	4:37	19.50	1:44:25	5:21	4	15:07	53	27:32
Lap 7	3.25	18:30	5:41	4	2:59	59	5:08	22.75	2:02:55	5:24	4	18:06	54	32:27
Lap 8	3.25	18:14	5:36	4	2:05	53	18:13	26.00	2:21:09	5:25	4	20:11	54	36:56
Lap 9	3.25	18:32	5:42	4	1:33	53	4:33	29.25	2:39:41	5:27	4	21:44	51	41:29
Lap 10	3.25	19:27	5:59	5	2:07	58	5:31	32.50	2:59:08	5:30	4	23:13	51	46:50
Lap 11	3.25	19:55	6:07	4	2:14	58	19:54	35.75	3:19:03	5:34	4	25:04	52	52:44
Lap 12	3.25	24:13	7:27	6	6:00	115	10:23	39.00	3:43:16	5:43	4	30:52	56	1:02:55
Last lap Finish	3.25	19:26	5:58	4	2:49	53	6:24	42.25	4:02:42	5:44	4	31:34	57	1:08:50