



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Müller, Michael

Club: HSV Birnfeld

Number: 738

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:02:48

Speed: 10.38 km/h

Running performance: 5:45 min/km

Rank in course/Total: 63 (of 185)

Rank in course/Men: 58 (of 161)

Best time in course: 2:53:52

Rank in category: 8(of 30)

Best time in the category: 3:39:08

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	17:24	5:21	8	3:39	64	5:37	3.25	17:24	5:21	8	3:39	64	5:37
Lap 2	3.25	17:22	5:20	8	3:18	64	17:21	6.50	34:46	5:20	8	6:57	62	17:31
Lap 3	3.25	17:19	5:19	5	2:50	58	4:29	9.75	52:05	5:20	7	9:47	61	18:41
Lap 4	3.25	17:36	5:24	7	2:45	55	4:38	13.00	1:09:41	5:21	7	12:32	60	20:02
Lap 5	3.25	18:16	5:37	10	2:50	68	5:04	16.25	1:27:57	5:24	7	15:22	60	24:22
Lap 6	3.25	18:13	5:36	9	2:03	63	4:55	19.50	1:46:10	5:26	7	17:25	60	29:17
Lap 7	3.25	18:30	5:41	8	2:06	59	5:08	22.75	2:04:40	5:28	8	19:31	61	34:12
Lap 8	3.25	18:48	5:47	8	1:51	61	18:47	26.00	2:23:28	5:31	8	20:54	59	39:15
Lap 9	3.25	19:31	6:00	10	2:28	69	5:32	29.25	2:42:59	5:34	9	22:29	60	44:47
Lap 10	3.25	20:34	6:19	13	3:25	76	6:38	32.50	3:03:33	5:38	9	23:34	62	51:15
Lap 11	3.25	20:49	6:24	11	3:23	70	20:48	35.75	3:24:22	5:42	9	23:47	61	58:03
Lap 12	3.25	20:04	6:10	7	2:51	56	6:14	39.00	3:44:26	5:45	9	22:53	61	1:04:05
Last lap Finish	3.25	18:22	5:39	4	1:07	36	5:20	42.25	4:02:48	5:44	8	23:40	58	1:08:56