



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Zinnecker, Jörg

Club: ETSV Lauda

Number: 844

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 4:06:33

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 69 (of 185)

Rank in course/Men: 64 (of 161)

Best time in course: 2:53:52

Rank in category: 2(of 3)

Best time in the category: 3:50:59

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	17:48	5:28	3	2:05	80	6:01	3.25	17:48	5:28	3	2:05	80	6:01
Lap 2	3.25	18:01	5:32	3	2:21	88	18:00	6.50	35:49	5:30	3	4:26	83	18:34
Lap 3	3.25	17:46	5:28	3	1:21	66	4:56	9.75	53:35	5:29	3	5:47	73	20:11
Lap 4	3.25	17:47	5:28	3	1:12	59	4:49	13.00	1:11:22	5:29	3	6:38	70	21:43
Lap 5	3.25	17:41	5:26	3	1:10	55	4:29	16.25	1:29:03	5:28	3	6:43	68	25:28
Lap 6	3.25	17:48	5:28	2	1:16	51	4:30	19.50	1:46:51	5:28	3	6:32	62	29:58
Lap 7	3.25	17:55	5:30	2	0:50	49	4:33	22.75	2:04:46	5:29	3	7:17	62	34:18
Lap 8	3.25	19:04	5:51	2	1:21	67	19:03	26.00	2:23:50	5:31	3	8:38	61	39:37
Lap 9	3.25	19:23	5:57	2	1:08	64	5:24	29.25	2:43:13	5:34	3	9:46	61	45:01
Lap 10	3.25	19:33	6:00	2	0:44	64	5:37	32.50	3:02:46	5:37	3	10:30	61	50:28
Lap 11	3.25	20:33	6:19	2	0:41	65	20:32	35.75	3:23:19	5:41	3	11:11	60	57:00
Lap 12	3.25	21:03	6:28	2	1:03	69	7:13	39.00	3:44:22	5:45	2	12:14	60	1:04:01
Last lap Finish	3.25	22:11	6:49	2	3:20	95	9:09	42.25	4:06:33	5:50	2	15:34	64	1:12:41