



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Krämer, Michael

Club: Berlin
Number: 711

Course: 42.25 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:08:14

Speed: 10.15 km/h
Running performance: 5:53 min/km

Rank in course/Total: 71 (of 185)

Rank in course/Men: 66 (of 161)

Best time in course: 2:53:52

Rank in category: 14(of 25)

Best time in the category: 3:06:58

| 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 | 17:37 | 5:25 | 15 | 5:33 | 72 | 5:50 | 3.25 | 17:37 | 5:25 | 15 | 5:33 | 72 | 5:50 |
| Lap 2 | 3.25 | 18:13 | 5:36 | 19 | 5:30 | 98 | 18:12 | 6.50 | 35:50 | 5:30 | 17 | 11:03 | 85 | 18:35 |
| Lap 3 | 3.25 | 18:09 | 5:35 | 15 | 5:09 | 78 | 5:19 | 9.75 | 53:59 | 5:32 | 17 | 16:12 | 84 | 20:35 |
| Lap 4 | 3.25 | 18:19 | 5:38 | 16 | 5:13 | 77 | 5:21 | 13.00 | 1:12:18 | 5:33 | 16 | 21:25 | 80 | 22:39 |
| Lap 5 | 3.25 | 18:41 | 5:44 | 17 | 5:15 | 80 | 5:29 | 16.25 | 1:30:59 | 5:35 | 16 | 26:40 | 77 | 27:24 |
| Lap 6 | 3.25 | 19:03 | 5:51 | 16 | 5:26 | 79 | 5:45 | 19.50 | 1:50:02 | 5:38 | 16 | 32:06 | 79 | 33:09 |
| Lap 7 | 3.25 | 18:22 | 5:39 | 12 | 4:23 | 57 | 5:00 | 22.75 | 2:08:24 | 5:38 | 15 | 36:29 | 74 | 37:56 |
| Lap 8 | 3.25 | 18:28 | 5:40 | 11 | 18:27 | 58 | 18:27 | 26.00 | 2:26:52 | 5:38 | 15 | 40:28 | 71 | 42:39 |
| Lap 9 | 3.25 | 18:56 | 5:49 | 12 | 4:04 | 58 | 4:57 | 29.25 | 2:45:48 | 5:40 | 14 | 44:32 | 68 | 47:36 |
| Lap 10 | 3.25 | 19:39 | 6:02 | 12 | 3:55 | 66 | 5:43 | 32.50 | 3:05:27 | 5:42 | 13 | 48:01 | 66 | 53:09 |
| Lap 11 | 3.25 | 20:36 | 6:20 | 12 | 4:38 | 67 | 20:35 | 35.75 | 3:26:03 | 5:45 | 13 | 51:44 | 64 | 59:44 |
| Lap 12 | 3.25 | 21:13 | 6:31 | 12 | 4:54 | 72 | 7:23 | 39.00 | 3:47:16 | 5:49 | 13 | 56:13 | 66 | 1:06:55 |
| Last lap Finish | 3.25 | 20:58 | 6:27 | 13 | 5:03 | 74 | 7:56 | 42.25 | 4:08:14 | 5:52 | 14 | 1:01:16 | 66 | 1:14:22 |