



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Horn, Matthias

Club: Loupies Lauftreff

Number: 678

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:11:54

Speed: 10.00 km/h

Running performance: 5:58 min/km

Rank in course/Total: 82 (of 185)

Rank in course/Men: 75 (of 161)

Best time in course: 2:53:52

Rank in category: 13(of 24)

Best time in the category: 3:10:07

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	17:01	5:14	9	5:06	51	5:14	3.25	17:01	5:14	9	5:06	51	5:14
Lap 2	3.25	18:03	5:33	15	5:32	92	18:02	6.50	35:04	5:23	11	10:38	67	17:49
Lap 3	3.25	18:04	5:33	13	5:10	77	5:14	9.75	53:08	5:26	11	15:48	70	19:44
Lap 4	3.25	20:28	6:17	22	7:10	136	7:30	13.00	1:13:36	5:39	16	22:58	89	23:57
Lap 5	3.25	17:43	5:27	12	4:17	57	4:31	16.25	1:31:19	5:37	13	27:15	80	27:44
Lap 6	3.25	18:01	5:32	12	4:12	59	4:43	19.50	1:49:20	5:36	12	31:27	74	32:27
Lap 7	3.25	19:51	6:06	16	5:57	91	6:29	22.75	2:09:11	5:40	12	37:24	77	38:43
Lap 8	3.25	19:13	5:54	12	4:44	68	19:12	26.00	2:28:24	5:42	12	42:08	75	44:11
Lap 9	3.25	20:05	6:10	13	5:22	74	6:06	29.25	2:48:29	5:45	12	47:26	76	50:17
Lap 10	3.25	20:39	6:21	14	5:34	78	6:43	32.50	3:09:08	5:49	12	51:08	76	56:50
Lap 11	3.25	20:29	6:18	14	20:28	63	20:28	35.75	3:29:37	5:51	12	52:56	73	1:03:18
Lap 12	3.25	21:05	6:29	13	6:20	70	7:15	39.00	3:50:42	5:54	13	55:46	73	1:10:21
Last lap Finish	3.25	21:12	6:31	14	6:53	77	8:10	42.25	4:11:54	5:57	13	1:01:47	75	1:18:02