



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Nolte, Christoph

Club: CaBa`s CaBaNauTeN

Number: 742

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:15:44

Speed: 9.91 km/h

Running performance: 6:03 min/km

Rank in course/Total: 85 (of 185)

Rank in course/Men: 78 (of 161)

Best time in course: 2:53:52

Rank in category: 14(of 24)

Best time in the category: 3:10:07

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	19:38	6:02	21	7:43	122	7:51	3.25	19:38	6:02	21	7:43	122	7:51
Lap 2	3.25	18:11	5:35	17	5:40	96	18:10	6.50	37:49	5:49	20	13:23	112	20:34
Lap 3	3.25	18:58	5:50	19	6:04	105	6:08	9.75	56:47	5:49	20	19:27	109	23:23
Lap 4	3.25	19:15	5:55	18	5:57	102	6:17	13.00	1:16:02	5:50	20	25:24	108	26:23
Lap 5	3.25	18:49	5:47	16	5:23	88	5:37	16.25	1:34:51	5:50	19	30:47	104	31:16
Lap 6	3.25	19:18	5:56	16	5:29	87	6:00	19.50	1:54:09	5:51	18	36:16	100	37:16
Lap 7	3.25	19:11	5:54	13	5:17	73	5:49	22.75	2:13:20	5:51	18	41:33	97	42:52
Lap 8	3.25	19:30	6:00	13	5:01	75	19:29	26.00	2:32:50	5:52	16	46:34	94	48:37
Lap 9	3.25	19:06	5:52	12	4:23	61	5:07	29.25	2:51:56	5:52	14	50:53	86	53:44
Lap 10	3.25	19:37	6:02	12	4:32	65	5:41	32.50	3:11:33	5:53	14	53:33	82	59:15
Lap 11	3.25	21:23	6:34	15	21:22	79	21:22	35.75	3:32:56	5:57	15	56:15	83	1:06:37
Lap 12	3.25	21:19	6:33	14	6:34	75	7:29	39.00	3:54:15	6:00	14	59:19	80	1:13:54
Last lap Finish	3.25	21:29	6:36	15	7:10	81	8:27	42.25	4:15:44	6:03	14	1:05:37	78	1:21:52