



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Grubert, Klaus Friedrich**

Club: VfL Bückeberg

Number: 650

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:17:12

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 89 (of 185)

Rank in course/Men: 82 (of 161)

Best time in course: 2:53:52

Rank in category: 12(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	19:40	6:03	18	5:55	123	7:53	3.25	19:40	6:03	18	5:55	123	7:53
Lap 2	3.25	18:53	5:48	18	4:49	113	18:52	6.50	38:33	5:55	18	10:44	118	21:18
Lap 3	3.25	19:19	5:56	19	4:50	113	6:29	9.75	57:52	5:56	18	15:34	114	24:28
Lap 4	3.25	19:30	6:00	18	4:39	108	6:32	13.00	1:17:22	5:57	18	20:13	116	27:43
Lap 5	3.25	18:58	5:50	12	3:32	89	5:46	16.25	1:36:20	5:55	18	23:45	112	32:45
Lap 6	3.25	19:09	5:53	12	2:59	80	5:51	19.50	1:55:29	5:55	17	26:44	106	38:36
Lap 7	3.25	19:33	6:00	12	3:09	84	6:11	22.75	2:15:02	5:56	16	29:53	103	44:34
Lap 8	3.25	19:31	6:00	11	2:34	76	19:30	26.00	2:34:33	5:56	16	31:59	100	50:20
Lap 9	3.25	19:57	6:08	11	2:54	72	5:58	29.25	2:54:30	5:57	15	34:00	95	56:18
Lap 10	3.25	20:19	6:15	12	3:10	75	6:23	32.50	3:14:49	5:59	13	34:50	89	1:02:31
Lap 11	3.25	20:38	6:20	10	3:12	69	20:37	35.75	3:35:27	6:01	13	34:52	87	1:09:08
Lap 12	3.25	21:17	6:32	11	4:04	73	7:27	39.00	3:56:44	6:04	12	35:11	85	1:16:23
Last lap Finish	3.25	20:28	6:17	9	3:13	65	7:26	42.25	4:17:12	6:05	12	38:04	82	1:23:20