



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Heitz, Mario

Club: Aalen
Number: 662

Course: 42.25 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:18:53

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 92 (of 185)

Rank in course/Men: 85 (of 161)

Best time in course: 2:53:52

Rank in category: 20(of 40)

Best time in the category: 3:16:10

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	21:14	6:31	38	8:24	151	9:27	3.25	21:14	6:31	38	8:24	151	9:27
Lap 2	3.25	20:26	6:17	36	6:59	144	20:25	6.50	41:40	6:24	37	15:23	149	24:25
Lap 3	3.25	19:39	6:02	28	5:52	123	6:49	9.75	1:01:19	6:17	36	21:15	143	27:55
Lap 4	3.25	20:07	6:11	28	5:58	122	7:09	13.00	1:21:26	6:15	36	27:13	142	31:47
Lap 5	3.25	21:40	6:40	36	7:25	151	8:28	16.25	1:43:06	6:20	36	34:38	143	39:31
Lap 6	3.25	19:46	6:04	25	5:14	102	6:28	19.50	2:02:52	6:18	33	39:52	136	45:59
Lap 7	3.25	20:13	6:13	24	5:25	97	6:51	22.75	2:23:05	6:17	31	45:17	130	52:37
Lap 8	3.25	20:18	6:14	22	5:27	88	20:17	26.00	2:43:23	6:17	28	50:26	124	59:10
Lap 9	3.25	20:09	6:11	16	4:30	76	6:10	29.25	3:03:32	6:16	26	54:56	115	1:05:20
Lap 10	3.25	19:03	5:51	12	3:04	50	5:07	32.50	3:22:35	6:14	25	58:00	107	1:10:17
Lap 11	3.25	19:26	5:58	12	3:13	49	19:25	35.75	3:42:01	6:12	24	1:00:45	99	1:15:42
Lap 12	3.25	19:04	5:51	12	2:49	41	5:14	39.00	4:01:05	6:10	21	1:02:23	91	1:20:44
Last lap Finish	3.25	17:48	5:28	9	1:35	29	4:46	42.25	4:18:53	6:07	20	1:02:43	85	1:25:01