



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Strohmann, Jürgen

Club: LLC Marathon Regensburg

Number: 808

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:19:52

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 94 (of 185)

Rank in course/Men: 87 (of 161)

Best time in course: 2:53:52

Rank in category: 13(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	18:53	5:48	15	5:08	107	7:06	3.25	18:53	5:48	15	5:08	107	7:06
Lap 2	3.25	18:00	5:32	11	3:56	86	17:59	6.50	36:53	5:40	13	9:04	102	19:38
Lap 3	3.25	18:28	5:40	13	3:59	91	5:38	9.75	55:21	5:40	13	13:03	98	21:57
Lap 4	3.25	19:13	5:54	15	4:22	101	6:15	13.00	1:14:34	5:44	13	17:25	100	24:55
Lap 5	3.25	19:01	5:51	15	3:35	94	5:49	16.25	1:33:35	5:45	13	21:00	95	30:00
Lap 6	3.25	19:36	6:01	16	3:26	98	6:18	19.50	1:53:11	5:48	13	24:26	95	36:18
Lap 7	3.25	19:18	5:56	10	2:54	77	5:56	22.75	2:12:29	5:49	13	27:20	93	42:01
Lap 8	3.25	19:58	6:08	13	3:01	85	19:57	26.00	2:32:27	5:51	13	29:53	91	48:14
Lap 9	3.25	21:18	6:33	17	4:15	93	7:19	29.25	2:53:45	5:56	14	33:15	92	55:33
Lap 10	3.25	21:53	6:44	17	4:44	92	7:57	32.50	3:15:38	6:01	15	35:39	92	1:03:20
Lap 11	3.25	21:45	6:41	15	4:19	83	21:44	35.75	3:37:23	6:04	14	36:48	89	1:11:04
Lap 12	3.25	21:46	6:41	13	4:33	78	7:56	39.00	3:59:09	6:07	13	37:36	87	1:18:48
Last lap Finish	3.25	20:43	6:22	11	3:28	71	7:41	42.25	4:19:52	6:09	13	40:44	87	1:26:00