



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schmitz, Henning

Club: LG Mauerweg Berlin

Number: 782

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:23:17

Speed: 9.63 km/h

Running performance: 6:14 min/km

Rank in course/Total: 97 (of 185)

Rank in course/Men: 90 (of 161)

Best time in course: 2:53:52

Rank in category: 15(of 30)

Best time in the category: 3:39:08

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	19:24	5:58	17	5:39	114	7:37	3.25	19:24	5:58	17	5:39	114	7:37
Lap 2	3.25	18:49	5:47	16	4:45	109	18:48	6.50	38:13	5:52	17	10:24	115	20:58
Lap 3	3.25	19:01	5:51	15	4:32	106	6:11	9.75	57:14	5:52	17	14:56	112	23:50
Lap 4	3.25	18:58	5:50	12	4:07	90	6:00	13.00	1:16:12	5:51	16	19:03	110	26:33
Lap 5	3.25	19:00	5:50	14	3:34	93	5:48	16.25	1:35:12	5:51	16	22:37	106	31:37
Lap 6	3.25	19:11	5:54	13	3:01	81	5:53	19.50	1:54:23	5:51	15	25:38	102	37:30
Lap 7	3.25	19:50	6:06	14	3:26	90	6:28	22.75	2:14:13	5:53	15	29:04	101	43:45
Lap 8	3.25	19:50	6:06	12	2:53	83	19:49	26.00	2:34:03	5:55	15	31:29	98	49:50
Lap 9	3.25	20:35	6:19	14	3:32	85	6:36	29.25	2:54:38	5:58	16	34:08	96	56:26
Lap 10	3.25	21:24	6:35	15	4:15	86	7:28	32.50	3:16:02	6:01	16	36:03	94	1:03:44
Lap 11	3.25	22:06	6:48	16	4:40	88	22:05	35.75	3:38:08	6:06	15	37:33	90	1:11:49
Lap 12	3.25	22:35	6:56	16	5:22	89	8:45	39.00	4:00:43	6:10	15	39:10	90	1:20:22
Last lap Finish	3.25	22:34	6:56	20	5:19	101	9:32	42.25	4:23:17	6:13	15	44:09	90	1:29:25