



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kister, Marco

Club: Kister IT

Number: 701

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:26:23

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 101 (of 185)

Rank in course/Men: 94 (of 161)

Best time in course: 2:53:52

Rank in category: 16(of 24)

Best time in the category: 3:10:07

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	17:18	5:19	11	5:23	60	5:31	3.25	17:18	5:19	11	5:23	60	5:31
Lap 2	3.25	18:11	5:35	17	5:40	96	18:10	6.50	35:29	5:27	12	11:03	75	18:14
Lap 3	3.25	18:27	5:40	15	5:33	90	5:37	9.75	53:56	5:31	14	16:36	83	20:32
Lap 4	3.25	19:06	5:52	15	5:48	95	6:08	13.00	1:13:02	5:37	15	22:24	84	23:23
Lap 5	3.25	19:08	5:53	18	5:42	97	5:56	16.25	1:32:10	5:40	16	28:06	86	28:35
Lap 6	3.25	19:14	5:55	14	5:25	83	5:56	19.50	1:51:24	5:42	15	33:31	87	34:31
Lap 7	3.25	19:32	6:00	14	5:38	83	6:10	22.75	2:10:56	5:45	15	39:09	86	40:28
Lap 8	3.25	21:43	6:40	17	7:14	122	21:42	26.00	2:32:39	5:52	15	46:23	92	48:26
Lap 9	3.25	22:19	6:51	16	7:36	118	8:20	29.25	2:54:58	5:58	16	53:55	98	56:46
Lap 10	3.25	23:01	7:04	17	7:56	118	9:05	32.50	3:17:59	6:05	16	59:59	96	1:05:41
Lap 11	3.25	22:44	6:59	18	22:43	101	22:43	35.75	3:40:43	6:10	17	1:04:02	98	1:14:24
Lap 12	3.25	23:49	7:19	18	9:04	112	9:59	39.00	4:04:32	6:16	17	1:09:36	96	1:24:11
Last lap Finish	3.25	21:51	6:43	16	7:32	90	8:49	42.25	4:26:23	6:18	16	1:16:16	94	1:32:31