



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Athmer, Elmar

Club: Vellmar

Number: 603

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:28:10

Speed: 9.40 km/h

Running performance: 6:21 min/km

Rank in course/Total: 104 (of 185)

Rank in course/Men: 97 (of 161)

Best time in course: 2:53:52

Rank in category: 7(of 12)

Best time in the category: 3:32:46

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 | 19:36 | 6:01 | 10 | 6:49 | 119 | 7:49 | 3.25 | 19:36 | 6:01 | 10 | 6:49 | 119 | 7:49 |
| Lap 2 | 3.25 | 18:49 | 5:47 | 9 | 5:02 | 109 | 18:48 | 6.50 | 38:25 | 5:54 | 10 | 11:51 | 116 | 21:10 |
| Lap 3 | 3.25 | 19:32 | 6:00 | 10 | 5:39 | 120 | 6:42 | 9.75 | 57:57 | 5:56 | 10 | 17:30 | 116 | 24:33 |
| Lap 4 | 3.25 | 18:48 | 5:47 | 8 | 4:43 | 87 | 5:50 | 13.00 | 1:16:45 | 5:54 | 10 | 22:13 | 112 | 27:06 |
| Lap 5 | 3.25 | 19:35 | 6:01 | 9 | 5:03 | 103 | 6:23 | 16.25 | 1:36:20 | 5:55 | 10 | 27:16 | 112 | 32:45 |
| Lap 6 | 3.25 | 20:16 | 6:14 | 9 | 5:02 | 116 | 6:58 | 19.50 | 1:56:36 | 5:58 | 10 | 32:18 | 111 | 39:43 |
| Lap 7 | 3.25 | 20:39 | 6:21 | 10 | 4:40 | 105 | 7:17 | 22.75 | 2:17:15 | 6:01 | 10 | 36:58 | 108 | 46:47 |
| Lap 8 | 3.25 | 20:53 | 6:25 | 7 | 4:05 | 102 | 20:52 | 26.00 | 2:38:08 | 6:04 | 10 | 41:03 | 108 | 53:55 |
| Lap 9 | 3.25 | 21:08 | 6:30 | 6 | 4:14 | 90 | 7:09 | 29.25 | 2:59:16 | 6:07 | 10 | 44:19 | 106 | 1:01:04 |
| Lap 10 | 3.25 | 21:24 | 6:35 | 5 | 4:01 | 86 | 7:28 | 32.50 | 3:20:40 | 6:10 | 10 | 47:15 | 102 | 1:08:22 |
| Lap 11 | 3.25 | 21:45 | 6:41 | 4 | 4:40 | 83 | 21:44 | 35.75 | 3:42:25 | 6:13 | 9 | 49:38 | 100 | 1:16:06 |
| Lap 12 | 3.25 | 22:30 | 6:55 | 5 | 5:40 | 88 | 8:40 | 39.00 | 4:04:55 | 6:16 | 7 | 51:29 | 97 | 1:24:34 |
| Last lap Finish | 3.25 | 23:15 | 7:09 | 8 | 6:59 | 108 | 10:13 | 42.25 | 4:28:10 | 6:20 | 7 | 55:24 | 97 | 1:34:18 |