



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schröder-Fürstenberg, Jens

Club: Katerschmiede Rostock

Number: 788

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:28:29

Speed: 9.39 km/h

Running performance: 6:21 min/km

Rank in course/Total: 105 (of 185)

Rank in course/Men: 98 (of 161)

Best time in course: 2:53:52

Rank in category: 18(of 30)

Best time in the category: 3:39:08

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	17:48	5:28	10	4:03	80	6:01	3.25	17:48	5:28	10	4:03	80	6:01
Lap 2	3.25	18:42	5:45	15	4:38	107	18:41	6.50	36:30	5:36	12	8:41	97	19:15
Lap 3	3.25	19:20	5:56	20	4:51	115	6:30	9.75	55:50	5:43	14	13:32	104	22:26
Lap 4	3.25	19:18	5:56	16	4:27	104	6:20	13.00	1:15:08	5:46	14	17:59	103	25:29
Lap 5	3.25	19:38	6:02	18	4:12	105	6:26	16.25	1:34:46	5:49	15	22:11	103	31:11
Lap 6	3.25	20:20	6:15	20	4:10	117	7:02	19.50	1:55:06	5:54	16	26:21	104	38:13
Lap 7	3.25	20:32	6:19	19	4:08	102	7:10	22.75	2:15:38	5:57	17	30:29	105	45:10
Lap 8	3.25	20:58	6:27	20	4:01	105	20:57	26.00	2:36:36	6:01	17	34:02	105	52:23
Lap 9	3.25	21:40	6:40	21	4:37	105	7:41	29.25	2:58:16	6:05	17	37:46	102	1:00:04
Lap 10	3.25	22:40	6:58	23	5:31	111	8:44	32.50	3:20:56	6:10	17	40:57	103	1:08:38
Lap 11	3.25	22:13	6:50	18	4:47	91	22:12	35.75	3:43:09	6:14	17	42:34	101	1:16:50
Lap 12	3.25	22:43	6:59	17	5:30	90	8:53	39.00	4:05:52	6:18	17	44:19	98	1:25:31
Last lap Finish	3.25	22:37	6:57	21	5:22	102	9:35	42.25	4:28:29	6:21	18	49:21	98	1:34:37