



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Stoll, Winfried

Club: 100 Marathon Club

Number: 805

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:29:11

Speed: 9.36 km/h

Running performance: 6:22 min/km

Rank in course/Total: 108 (of 185)

Rank in course/Men: 100 (of 161)

Best time in course: 2:53:52

Rank in category: 19(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	18:33	5:42	13	4:48	101	6:46	3.25	18:33	5:42	13	4:48	101	6:46
Lap 2	3.25	18:52	5:48	17	4:48	112	18:51	6.50	37:25	5:45	15	9:36	108	20:10
Lap 3	3.25	19:15	5:55	17	4:46	111	6:25	9.75	56:40	5:48	16	14:22	108	23:16
Lap 4	3.25	19:35	6:01	19	4:44	113	6:37	13.00	1:16:15	5:51	17	19:06	111	26:36
Lap 5	3.25	19:37	6:02	17	4:11	104	6:25	16.25	1:35:52	5:53	17	23:17	109	32:17
Lap 6	3.25	20:08	6:11	17	3:58	108	6:50	19.50	1:56:00	5:56	18	27:15	109	39:07
Lap 7	3.25	20:31	6:18	18	4:07	101	7:09	22.75	2:16:31	6:00	18	31:22	107	46:03
Lap 8	3.25	21:00	6:27	21	4:03	106	20:59	26.00	2:37:31	6:03	18	34:57	106	53:18
Lap 9	3.25	21:21	6:34	18	4:18	96	7:22	29.25	2:58:52	6:06	18	38:22	105	1:00:40
Lap 10	3.25	22:18	6:51	20	5:09	104	8:22	32.50	3:21:10	6:11	18	41:11	104	1:08:52
Lap 11	3.25	22:45	7:00	20	5:19	103	22:44	35.75	3:43:55	6:15	18	43:20	104	1:17:36
Lap 12	3.25	23:07	7:06	20	5:54	97	9:17	39.00	4:07:02	6:20	18	45:29	102	1:26:41
Last lap Finish	3.25	22:09	6:48	17	4:54	94	9:07	42.25	4:29:11	6:22	19	50:03	100	1:35:19