



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hafner, Joerg

Club: Larsis Laeufertreff

Number: 654

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:29:27

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course/Total: 109 (of 185)

Rank in course/Men: 101 (of 161)

Best time in course: 2:53:52

Rank in category: 19(of 25)

Best time in the category: 3:06:58

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	21:00	6:27	24	8:56	148	9:13	3.25	21:00	6:27	24	8:56	148	9:13
Lap 2	3.25	20:15	6:13	22	7:32	142	20:14	6.50	41:15	6:20	23	16:28	145	24:00
Lap 3	3.25	19:41	6:03	22	6:41	125	6:51	9.75	1:00:56	6:14	23	23:09	141	27:32
Lap 4	3.25	19:17	5:56	19	6:11	103	6:19	13.00	1:20:13	6:10	22	29:20	129	30:34
Lap 5	3.25	19:38	6:02	20	6:12	105	6:26	16.25	1:39:51	6:08	22	35:32	124	36:16
Lap 6	3.25	19:36	6:01	18	5:59	98	6:18	19.50	1:59:27	6:07	22	41:31	122	42:34
Lap 7	3.25	21:05	6:29	23	7:06	119	7:43	22.75	2:20:32	6:10	22	48:37	122	50:04
Lap 8	3.25	21:16	6:32	20	21:15	111	21:15	26.00	2:41:48	6:13	22	55:24	119	57:35
Lap 9	3.25	21:19	6:33	19	6:27	94	7:20	29.25	3:03:07	6:15	22	1:01:51	114	1:04:55
Lap 10	3.25	21:26	6:35	16	5:42	88	7:30	32.50	3:24:33	6:17	22	1:07:07	112	1:12:15
Lap 11	3.25	21:28	6:36	14	5:30	81	21:27	35.75	3:46:01	6:19	20	1:11:42	109	1:19:42
Lap 12	3.25	21:33	6:37	14	5:14	76	7:43	39.00	4:07:34	6:20	19	1:16:31	105	1:27:13
Last lap Finish	3.25	21:53	6:44	18	5:58	91	8:51	42.25	4:29:27	6:22	19	1:22:29	101	1:35:35