



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bonnemann, Detlef

Club: SLOW MOTION Endurance Team

Number: 613

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:31:37

Speed: 9.28 km/h

Running performance: 6:26 min/km

Rank in course/Total: 114 (of 185)

Rank in course/Men: 106 (of 161)

Best time in course: 2:53:52

Rank in category: 25(of 40)

Best time in the category: 3:16:10

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	20:53	6:25	36	8:03	144	9:06	3.25	20:53	6:25	36	8:03	144	9:06
Lap 2	3.25	19:57	6:08	33	6:30	138	19:56	6.50	40:50	6:16	35	14:33	140	23:35
Lap 3	3.25	19:41	6:03	30	5:54	125	6:51	9.75	1:00:31	6:12	34	20:27	136	27:07
Lap 4	3.25	20:28	6:17	33	6:19	136	7:30	13.00	1:20:59	6:13	33	26:46	136	31:20
Lap 5	3.25	20:50	6:24	30	6:35	130	7:38	16.25	1:41:49	6:15	33	33:21	137	38:14
Lap 6	3.25	20:56	6:26	31	6:24	128	7:38	19.50	2:02:45	6:17	32	39:45	134	45:52
Lap 7	3.25	21:32	6:37	31	6:44	132	8:10	22.75	2:24:17	6:20	33	46:29	133	53:49
Lap 8	3.25	21:37	6:39	29	6:46	118	21:36	26.00	2:45:54	6:22	32	52:57	132	1:01:41
Lap 9	3.25	21:39	6:39	26	6:00	104	7:40	29.25	3:07:33	6:24	31	58:57	130	1:09:21
Lap 10	3.25	21:17	6:32	20	5:18	83	7:21	32.50	3:28:50	6:25	30	1:04:15	124	1:16:32
Lap 11	3.25	21:15	6:32	18	5:02	76	21:14	35.75	3:50:05	6:26	28	1:08:49	118	1:23:46
Lap 12	3.25	20:54	6:25	16	4:39	64	7:04	39.00	4:10:59	6:26	26	1:12:17	113	1:30:38
Last lap Finish	3.25	20:38	6:20	19	4:25	68	7:36	42.25	4:31:37	6:25	25	1:15:27	106	1:37:45