



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Furrer, Klaus

Club: Swiss Laufftreff Beromünster
Number: 640

Course: 42.25 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 4:33:00

Speed: 9.29 km/h
Running performance: 6:28 min/km

Rank in course/Total: 116 (of 185)

Rank in course/Men: 108 (of 161)

Best time in course: 2:53:52

Rank in category: 21(of 30)

Best time in the category: 3:39:08

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	22:36	6:57	30	8:51	157	10:49	3.25	22:36	6:57	30	8:51	157	10:49
Lap 2	3.25	20:31	6:18	27	6:27	145	20:30	6.50	43:07	6:38	29	15:18	156	25:52
Lap 3	3.25	20:45	6:23	27	6:16	143	7:55	9.75	1:03:52	6:33	28	21:34	152	30:28
Lap 4	3.25	20:30	6:18	25	5:39	138	7:32	13.00	1:24:22	6:29	27	27:13	150	34:43
Lap 5	3.25	20:18	6:14	22	4:52	118	7:06	16.25	1:44:40	6:26	27	32:05	148	41:05
Lap 6	3.25	20:56	6:26	24	4:46	128	7:38	19.50	2:05:36	6:26	27	36:51	146	48:43
Lap 7	3.25	20:00	6:09	15	3:36	93	6:38	22.75	2:25:36	6:23	24	40:27	136	55:08
Lap 8	3.25	20:06	6:11	15	3:09	87	20:05	26.00	2:45:42	6:22	24	43:08	131	1:01:29
Lap 9	3.25	20:34	6:19	13	3:31	84	6:35	29.25	3:06:16	6:22	23	45:46	125	1:08:04
Lap 10	3.25	21:21	6:34	14	4:12	84	7:25	32.50	3:27:37	6:23	21	47:38	118	1:15:19
Lap 11	3.25	21:19	6:33	14	3:53	78	21:18	35.75	3:48:56	6:24	21	48:21	115	1:22:37
Lap 12	3.25	22:44	6:59	18	5:31	91	8:54	39.00	4:11:40	6:27	21	50:07	114	1:31:19
Last lap Finish	3.25	21:20	6:33	13	4:05	79	8:18	42.25	4:33:00	6:27	21	53:52	108	1:39:08