



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Ziegler, Sven

Club: 100 Marathon Club

Number: 842

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:35:26

Speed: 9.15 km/h

Running performance: 6:31 min/km

Rank in course/Total: 123 (of 185)

Rank in course/Men: 113 (of 161)

Best time in course: 2:53:52

Rank in category: 17(of 24)

Best time in the category: 3:10:07

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	20:11	6:12	22	8:16	129	8:24	3.25	20:11	6:12	22	8:16	129	8:24
Lap 2	3.25	19:33	6:00	21	7:02	127	19:32	6.50	39:44	6:06	22	15:18	126	22:29
Lap 3	3.25	20:51	6:24	23	7:57	146	8:01	9.75	1:00:35	6:12	22	23:15	137	27:11
Lap 4	3.25	20:41	6:21	23	7:23	142	7:43	13.00	1:21:16	6:15	23	30:38	141	31:37
Lap 5	3.25	21:22	6:34	22	7:56	145	8:10	16.25	1:42:38	6:18	23	38:34	140	39:03
Lap 6	3.25	21:32	6:37	22	7:43	139	8:14	19.50	2:04:10	6:22	23	46:17	142	47:17
Lap 7	3.25	21:21	6:34	19	7:27	126	7:59	22.75	2:25:31	6:23	22	53:44	134	55:03
Lap 8	3.25	21:22	6:34	16	6:53	114	21:21	26.00	2:46:53	6:25	22	1:00:37	135	1:02:40
Lap 9	3.25	21:51	6:43	15	7:08	111	7:52	29.25	3:08:44	6:27	21	1:07:41	133	1:10:32
Lap 10	3.25	21:37	6:39	16	6:32	89	7:41	32.50	3:30:21	6:28	20	1:12:21	129	1:18:03
Lap 11	3.25	22:38	6:57	17	22:37	99	22:37	35.75	3:52:59	6:31	20	1:16:18	126	1:26:40
Lap 12	3.25	21:55	6:44	15	7:10	82	8:05	39.00	4:14:54	6:32	20	1:19:58	121	1:34:33
Last lap Finish	3.25	20:32	6:19	13	6:13	67	7:30	42.25	4:35:26	6:31	17	1:25:19	113	1:41:34