



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Straatman, Daniel

Club: Rhede

Number: 807

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:35:52

Speed: 9.19 km/h

Running performance: 6:32 min/km

Rank in course/Total: 124 (of 185)

Rank in course/Men: 114 (of 161)

Best time in course: 2:53:52

Rank in category: 11(of 12)

Best time in the category: 3:32:46

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	19:40	6:03	11	6:53	123	7:53	3.25	19:40	6:03	11	6:53	123	7:53
Lap 2	3.25	19:04	5:51	10	5:17	118	19:03	6.50	38:44	5:57	11	12:10	120	21:29
Lap 3	3.25	21:10	6:30	12	7:17	152	8:20	9.75	59:54	6:08	11	19:27	126	26:30
Lap 4	3.25	20:11	6:12	11	6:06	125	7:13	13.00	1:20:05	6:09	11	25:33	126	30:26
Lap 5	3.25	20:05	6:10	11	5:33	116	6:53	16.25	1:40:10	6:09	11	31:06	125	36:35
Lap 6	3.25	21:24	6:35	11	6:10	137	8:06	19.50	2:01:34	6:14	11	37:16	126	44:41
Lap 7	3.25	21:18	6:33	11	5:19	124	7:56	22.75	2:22:52	6:16	11	42:35	126	52:24
Lap 8	3.25	21:18	6:33	10	4:30	112	21:17	26.00	2:44:10	6:18	11	47:05	129	59:57
Lap 9	3.25	22:00	6:46	7	5:06	114	8:01	29.25	3:06:10	6:21	11	51:13	124	1:07:58
Lap 10	3.25	23:19	7:10	9	5:56	121	9:23	32.50	3:29:29	6:26	11	56:04	127	1:17:11
Lap 11	3.25	22:44	6:59	7	5:39	101	22:43	35.75	3:52:13	6:29	11	59:26	124	1:25:54
Lap 12	3.25	22:52	7:02	6	6:02	93	9:02	39.00	4:15:05	6:32	11	1:01:39	122	1:34:44
Last lap Finish	3.25	20:47	6:23	4	4:31	73	7:45	42.25	4:35:52	6:31	11	1:03:06	114	1:42:00