



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Wolbrink, Tommy

Club: Rotterdam

Number: 837

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:37:57

Speed: 9.07 km/h

Running performance: 6:35 min/km

Rank in course/Total: 128 (of 185)

Rank in course/Men: 118 (of 161)

Best time in course: 2:53:52

Rank in category: 22(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	17:42	5:26	16	5:38	74	5:55	3.25	17:42	5:26	16	5:38	74	5:55
Lap 2	3.25	16:39	5:07	13	3:56	54	16:38	6.50	34:21	5:17	13	9:34	59	17:06
Lap 3	3.25	17:10	5:16	12	4:10	54	4:20	9.75	51:31	5:17	13	13:44	58	18:07
Lap 4	3.25	17:56	5:31	13	4:50	64	4:58	13.00	1:09:27	5:20	13	18:34	59	19:48
Lap 5	3.25	18:18	5:37	14	4:52	71	5:06	16.25	1:27:45	5:24	13	23:26	59	24:10
Lap 6	3.25	20:02	6:09	19	6:25	106	6:44	19.50	1:47:47	5:31	14	29:51	69	30:54
Lap 7	3.25	20:41	6:21	20	6:42	107	7:19	22.75	2:08:28	5:38	16	36:33	75	38:00
Lap 8	3.25	22:21	6:52	25	22:20	130	22:20	26.00	2:30:49	5:48	18	44:25	87	46:36
Lap 9	3.25	23:25	7:12	24	8:33	135	9:26	29.25	2:54:14	5:57	18	52:58	94	56:02
Lap 10	3.25	26:17	8:05	25	10:33	153	12:21	32.50	3:20:31	6:10	18	1:03:05	101	1:08:13
Lap 11	3.25	29:52	9:11	25	13:54	157	29:51	35.75	3:50:23	6:26	22	1:16:04	120	1:24:04
Lap 12	3.25	24:17	7:28	23	7:58	117	10:27	39.00	4:14:40	6:31	22	1:23:37	120	1:34:19
Last lap Finish	3.25	23:17	7:09	23	7:22	111	10:15	42.25	4:37:57	6:34	22	1:30:59	118	1:44:05