



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hörnig, Bastian

Club: LG Deiringsen

Number: 680

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:38:18

Speed: 9.05 km/h

Running performance: 6:35 min/km

Rank in course/Total: 129 (of 185)

Rank in course/Men: 119 (of 161)

Best time in course: 2:53:52

Rank in category: 18(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	18:04	5:33	17	6:09	92	6:17	3.25	18:04	5:33	17	6:09	92	6:17
Lap 2	3.25	17:39	5:25	12	5:08	70	17:38	6.50	35:43	5:29	15	11:17	82	18:28
Lap 3	3.25	17:52	5:29	12	4:58	70	5:02	9.75	53:35	5:29	13	16:15	73	20:11
Lap 4	3.25	18:10	5:35	13	4:52	75	5:12	13.00	1:11:45	5:31	12	21:07	74	22:06
Lap 5	3.25	18:47	5:46	14	5:21	85	5:35	16.25	1:30:32	5:34	12	26:28	75	26:57
Lap 6	3.25	19:43	6:03	17	5:54	100	6:25	19.50	1:50:15	5:39	13	32:22	80	33:22
Lap 7	3.25	21:17	6:32	17	7:23	122	7:55	22.75	2:11:32	5:46	16	39:45	88	41:04
Lap 8	3.25	24:31	7:32	23	10:02	151	24:30	26.00	2:36:03	6:00	18	49:47	103	51:50
Lap 9	3.25	24:11	7:26	19	9:28	140	10:12	29.25	3:00:14	6:09	18	59:11	108	1:02:02
Lap 10	3.25	25:37	7:52	22	10:32	148	11:41	32.50	3:25:51	6:20	18	1:07:51	114	1:13:33
Lap 11	3.25	24:21	7:29	20	24:20	124	24:20	35.75	3:50:12	6:26	19	1:13:31	119	1:23:53
Lap 12	3.25	23:48	7:19	17	9:03	111	9:58	39.00	4:14:00	6:30	19	1:19:04	119	1:33:39
Last lap Finish	3.25	24:18	7:28	17	9:59	116	11:16	42.25	4:38:18	6:35	18	1:28:11	119	1:44:26