



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Uhlmann, Holger

Club: SG Oberlichtenau

Number: 818

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:38:54

Speed: 9.09 km/h

Running performance: 6:36 min/km

Rank in course/Total: 131 (of 185)

Rank in course/Men: 121 (of 161)

Best time in course: 2:53:52

Rank in category: 6(of 12)

Best time in the category: 3:31:08

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	17:04	5:15	5	2:34	52	5:17	3.25	17:04	5:15	5	2:34	52	5:17
Lap 2	3.25	17:45	5:27	6	3:05	76	17:44	6.50	34:49	5:21	6	5:39	63	17:34
Lap 3	3.25	17:55	5:30	6	3:02	74	5:05	9.75	52:44	5:24	6	8:41	65	19:20
Lap 4	3.25	18:38	5:44	6	3:45	83	5:40	13.00	1:11:22	5:29	6	12:26	70	21:43
Lap 5	3.25	18:45	5:46	5	3:41	84	5:33	16.25	1:30:07	5:32	5	16:07	71	26:32
Lap 6	3.25	19:25	5:58	6	4:07	93	6:07	19.50	1:49:32	5:37	5	20:14	77	32:39
Lap 7	3.25	19:54	6:07	6	4:23	92	6:32	22.75	2:09:26	5:41	5	24:37	79	38:58
Lap 8	3.25	21:20	6:33	7	5:11	113	21:19	26.00	2:30:46	5:47	6	29:48	86	46:33
Lap 9	3.25	22:43	6:59	8	5:44	120	8:44	29.25	2:53:29	5:55	6	35:32	91	55:17
Lap 10	3.25	24:40	7:35	8	7:20	136	10:44	32.50	3:18:09	6:05	6	42:14	97	1:05:51
Lap 11	3.25	26:20	8:06	9	8:39	144	26:19	35.75	3:44:29	6:16	6	50:30	106	1:18:10
Lap 12	3.25	25:26	7:49	7	7:13	130	11:36	39.00	4:09:55	6:24	6	57:31	111	1:29:34
Last lap Finish	3.25	28:59	8:55	11	12:22	144	15:57	42.25	4:38:54	6:36	6	1:07:46	121	1:45:02