



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schwarzwald, Hans

Club: THOHAN

Number: 794

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:40:01

Speed: 9.05 km/h

Running performance: 6:38 min/km

Rank in course/Total: 134 (of 185)

Rank in course/Men: 124 (of 161)

Best time in course: 2:53:52

Rank in category: 23(of 30)

Best time in the category: 3:39:08

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	20:25	6:16	23	6:40	134	8:38	3.25	20:25	6:16	23	6:40	134	8:38
Lap 2	3.25	19:44	6:04	24	5:40	134	19:43	6.50	40:09	6:10	24	12:20	132	22:54
Lap 3	3.25	19:49	6:05	22	5:20	127	6:59	9.75	59:58	6:09	22	17:40	127	26:34
Lap 4	3.25	20:13	6:13	23	5:22	128	7:15	13.00	1:20:11	6:10	22	23:02	127	30:32
Lap 5	3.25	20:21	6:15	23	4:55	120	7:09	16.25	1:40:32	6:11	22	27:57	128	36:57
Lap 6	3.25	20:51	6:24	23	4:41	126	7:33	19.50	2:01:23	6:13	22	32:38	124	44:30
Lap 7	3.25	20:44	6:22	20	4:20	109	7:22	22.75	2:22:07	6:14	22	36:58	123	51:39
Lap 8	3.25	21:08	6:30	22	4:11	110	21:07	26.00	2:43:15	6:16	22	40:41	123	59:02
Lap 9	3.25	21:50	6:43	22	4:47	108	7:51	29.25	3:05:05	6:19	22	44:35	122	1:06:53
Lap 10	3.25	22:38	6:57	22	5:29	109	8:42	32.50	3:27:43	6:23	22	47:44	120	1:15:25
Lap 11	3.25	23:26	7:12	24	6:00	116	23:25	35.75	3:51:09	6:27	23	50:34	122	1:24:50
Lap 12	3.25	24:18	7:28	23	7:05	119	10:28	39.00	4:15:27	6:32	23	53:54	124	1:35:06
Last lap Finish	3.25	24:34	7:33	24	7:19	120	11:32	42.25	4:40:01	6:37	23	1:00:53	124	1:46:09