



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Steinicke, Thomas

Club: Berlin
Number: 800

Course: 42.25 km
Marathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 4:44:41

Speed: 8.85 km/h
Running performance: 6:44 min/km

Rank in course/Total: 141 (of 185)

Rank in course/Men: 129 (of 161)

Best time in course: 2:53:52

Rank in category: 7(of 12)

Best time in the category: 3:31:08

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	20:57	6:26	11	6:27	145	9:10	3.25	20:57	6:26	11	6:27	145	9:10
Lap 2	3.25	19:24	5:58	9	4:44	125	19:23	6.50	40:21	6:12	9	11:11	138	23:06
Lap 3	3.25	20:30	6:18	10	5:37	142	7:40	9.75	1:00:51	6:14	9	16:48	138	27:27
Lap 4	3.25	18:51	5:48	7	3:58	88	5:53	13.00	1:19:42	6:07	9	20:46	125	30:03
Lap 5	3.25	19:50	6:06	7	4:46	112	6:38	16.25	1:39:32	6:07	8	25:32	123	35:57
Lap 6	3.25	19:48	6:05	7	4:30	104	6:30	19.50	1:59:20	6:07	7	30:02	121	42:27
Lap 7	3.25	20:47	6:23	7	5:16	111	7:25	22.75	2:20:07	6:09	7	35:18	119	49:39
Lap 8	3.25	21:06	6:29	6	4:57	108	21:05	26.00	2:41:13	6:12	7	40:15	115	57:00
Lap 9	3.25	21:45	6:41	6	4:46	106	7:46	29.25	3:02:58	6:15	7	45:01	113	1:04:46
Lap 10	3.25	23:31	7:14	7	6:11	123	9:35	32.50	3:26:29	6:21	7	50:34	115	1:14:11
Lap 11	3.25	25:15	7:46	8	7:34	137	25:14	35.75	3:51:44	6:28	7	57:45	123	1:25:25
Lap 12	3.25	26:21	8:06	9	8:08	138	12:31	39.00	4:18:05	6:37	7	1:05:41	126	1:37:44
Last lap Finish	3.25	26:36	8:11	9	9:59	137	13:34	42.25	4:44:41	6:44	7	1:13:33	129	1:50:49