



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Busse, Stev

Club: Laufclub Anhalt in Oranienbaum
Number: 615

Course: 42.25 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:44:42

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

Rank in course/Total: 143 (of 185)

Rank in course/Men: 130 (of 161)

Best time in course: 2:53:52

Rank in category: 24(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	21:39	6:39	25	9:35	154	9:52	3.25	21:39	6:39	25	9:35	154	9:52
Lap 2	3.25	20:56	6:26	25	8:13	152	20:55	6.50	42:35	6:33	25	17:48	154	25:20
Lap 3	3.25	22:24	6:53	25	9:24	157	9:34	9.75	1:04:59	6:39	25	27:12	156	31:35
Lap 4	3.25	20:40	6:21	24	7:34	141	7:42	13.00	1:25:39	6:35	25	34:46	154	36:00
Lap 5	3.25	21:20	6:33	23	7:54	142	8:08	16.25	1:46:59	6:35	25	42:40	153	43:24
Lap 6	3.25	21:12	6:31	24	7:35	133	7:54	19.50	2:08:11	6:34	25	50:15	153	51:18
Lap 7	3.25	21:30	6:36	24	7:31	131	8:08	22.75	2:29:41	6:34	24	57:46	147	59:13
Lap 8	3.25	21:41	6:40	22	21:40	120	21:40	26.00	2:51:22	6:35	24	1:04:58	145	1:07:09
Lap 9	3.25	24:25	7:30	25	9:33	145	10:26	29.25	3:15:47	6:41	25	1:14:31	146	1:17:35
Lap 10	3.25	22:17	6:51	20	6:33	101	8:21	32.50	3:38:04	6:42	25	1:20:38	143	1:25:46
Lap 11	3.25	22:05	6:47	16	6:07	86	22:04	35.75	4:00:09	6:43	25	1:25:50	138	1:33:50
Lap 12	3.25	22:20	6:52	17	6:01	85	8:30	39.00	4:22:29	6:43	23	1:31:26	134	1:42:08
Last lap Finish	3.25	22:13	6:50	20	6:18	97	9:11	42.25	4:44:42	6:44	24	1:37:44	130	1:50:50