



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Zängerle, Peter

Club: Meddys LWT Koblenz

Number: 840

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:45:05

Speed: 8.84 km/h

Running performance: 6:45 min/km

Rank in course/Total: 144 (of 185)

Rank in course/Men: 131 (of 161)

Best time in course: 2:53:52

Rank in category: 32(of 40)

Best time in the category: 3:16:10

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	16:50	5:10	11	4:00	47	5:03	3.25	16:50	5:10	11	4:00	47	5:03
Lap 2	3.25	18:51	5:48	25	5:24	111	18:50	6.50	35:41	5:29	16	9:24	81	18:26
Lap 3	3.25	19:50	6:06	32	6:03	129	7:00	9.75	55:31	5:41	20	15:27	100	22:07
Lap 4	3.25	20:15	6:13	31	6:06	130	7:17	13.00	1:15:46	5:49	24	21:33	106	26:07
Lap 5	3.25	20:30	6:18	28	6:15	122	7:18	16.25	1:36:16	5:55	25	27:48	111	32:41
Lap 6	3.25	21:34	6:38	33	7:02	140	8:16	19.50	1:57:50	6:02	26	34:50	115	40:57
Lap 7	3.25	21:54	6:44	32	7:06	134	8:32	22.75	2:19:44	6:08	27	41:56	118	49:16
Lap 8	3.25	24:07	7:25	36	9:16	148	24:06	26.00	2:43:51	6:18	30	50:54	128	59:38
Lap 9	3.25	23:42	7:17	34	8:03	136	9:43	29.25	3:07:33	6:24	31	58:57	130	1:09:21
Lap 10	3.25	22:43	6:59	28	6:44	112	8:47	32.50	3:30:16	6:28	31	1:05:41	128	1:17:58
Lap 11	3.25	25:05	7:43	33	8:52	134	25:04	35.75	3:55:21	6:34	31	1:14:05	130	1:29:02
Lap 12	3.25	24:38	7:34	29	8:23	124	10:48	39.00	4:19:59	6:39	32	1:21:17	130	1:39:38
Last lap Finish	3.25	25:06	7:43	31	8:53	127	12:04	42.25	4:45:05	6:44	32	1:28:55	131	1:51:13