



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Krebs, Daniel

Club: Guthsmuthrennsteiglaufverein
Number: 712

Course: 42.25 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:46:32

Speed: 8.85 km/h
Running performance: 6:47 min/km

Rank in course/Total: 148 (of 185)

Rank in course/Men: 133 (of 161)

Best time in course: 2:53:52

Rank in category: 20(of 24)

Best time in the category: 3:10:07

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	16:59	5:13	8	5:04	49	5:12	3.25	16:59	5:13	8	5:04	49	5:12
Lap 2	3.25	18:38	5:44	20	6:07	104	18:37	6.50	35:37	5:28	14	11:11	79	18:22
Lap 3	3.25	20:13	6:13	22	7:19	137	7:23	9.75	55:50	5:43	19	18:30	104	22:26
Lap 4	3.25	20:11	6:12	20	6:53	125	7:13	13.00	1:16:01	5:50	19	25:23	107	26:22
Lap 5	3.25	20:36	6:20	21	7:10	126	7:24	16.25	1:36:37	5:56	20	32:33	114	33:02
Lap 6	3.25	21:06	6:29	21	7:17	132	7:48	19.50	1:57:43	6:02	20	39:50	114	40:50
Lap 7	3.25	21:21	6:34	19	7:27	126	7:59	22.75	2:19:04	6:06	20	47:17	114	48:36
Lap 8	3.25	23:18	7:10	20	8:49	143	23:17	26.00	2:42:22	6:14	20	56:06	120	58:09
Lap 9	3.25	24:17	7:28	20	9:34	141	10:18	29.25	3:06:39	6:22	20	1:05:36	129	1:08:27
Lap 10	3.25	25:59	7:59	23	10:54	150	12:03	32.50	3:32:38	6:32	21	1:14:38	134	1:20:20
Lap 11	3.25	0:01	0:00	1	-	1	-	35.75	3:32:39	5:56	14	55:58	80	1:06:20
Lap 12	3.25	26:09	8:02	21	11:24	136	12:19	39.00	3:58:48	6:07	15	1:03:52	86	1:18:27
Last lap Finish	3.25	47:44	14:41	23	33:25	157	34:42	42.25	4:46:32	6:46	20	1:36:25	133	1:52:40