



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Reinhard-Miltz, Gerhard

Club: 100 Marathon Club

Number: 761

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:51:58

Speed: 8.68 km/h

Running performance: 6:55 min/km

Rank in course/Total: 152 (of 185)

Rank in course/Men: 136 (of 161)

Best time in course: 2:53:52

Rank in category: 8(of 12)

Best time in the category: 3:31:08

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	19:36	6:01	8	5:06	119	7:49	3.25	19:36	6:01	8	5:06	119	7:49
Lap 2	3.25	20:58	6:27	11	6:18	153	20:57	6.50	40:34	6:14	10	11:24	139	23:19
Lap 3	3.25	20:46	6:23	11	5:53	144	7:56	9.75	1:01:20	6:17	11	17:17	144	27:56
Lap 4	3.25	21:44	6:41	12	6:51	152	8:46	13.00	1:23:04	6:23	11	24:08	147	33:25
Lap 5	3.25	21:12	6:31	8	6:08	138	8:00	16.25	1:44:16	6:24	11	30:16	147	40:41
Lap 6	3.25	21:00	6:27	8	5:42	131	7:42	19.50	2:05:16	6:25	10	35:58	144	48:23
Lap 7	3.25	20:53	6:25	8	5:22	114	7:31	22.75	2:26:09	6:25	9	41:20	141	55:41
Lap 8	3.25	24:21	7:29	11	8:12	150	24:20	26.00	2:50:30	6:33	9	49:32	143	1:06:17
Lap 9	3.25	22:02	6:46	7	5:03	115	8:03	29.25	3:12:32	6:34	8	54:35	140	1:14:20
Lap 10	3.25	23:25	7:12	6	6:05	122	9:29	32.50	3:35:57	6:38	8	1:00:02	140	1:23:39
Lap 11	3.25	25:04	7:42	7	7:23	133	25:03	35.75	4:01:01	6:44	8	1:07:02	140	1:34:42
Lap 12	3.25	25:46	7:55	8	7:33	133	11:56	39.00	4:26:47	6:50	8	1:14:23	140	1:46:26
Last lap Finish	3.25	25:11	7:44	8	8:34	128	12:09	42.25	4:51:58	6:54	8	1:20:50	136	1:58:06