



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Witzke, Marcus**

Club: Rábke

Number: 836

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 4:52:04

Speed: 8.63 km/h

Running performance: 6:55 min/km

Rank in course/Total: 153 (of 185)

Rank in course/Men: 137 (of 161)

Best time in course: 2:53:52

Rank in category: 10(of 13)

Best time in the category: 2:53:52

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	17:45	5:27	8	5:58	78	5:58	3.25	17:45	5:27	8	5:58	78	5:58
Lap 2	3.25	17:45	5:27	8	17:44	76	17:44	6.50	35:30	5:27	8	18:15	76	18:15
Lap 3	3.25	18:36	5:43	9	5:46	96	5:46	9.75	54:06	5:32	9	20:42	86	20:42
Lap 4	3.25	19:34	6:01	10	6:36	112	6:36	13.00	1:13:40	5:40	9	24:01	90	24:01
Lap 5	3.25	20:38	6:20	11	7:26	128	7:26	16.25	1:34:18	5:48	9	30:43	102	30:43
Lap 6	3.25	21:27	6:35	10	8:09	138	8:09	19.50	1:55:45	5:56	9	38:52	107	38:52
Lap 7	3.25	23:24	7:11	12	10:02	151	10:02	22.75	2:19:09	6:06	10	48:41	115	48:41
Lap 8	3.25	23:37	7:15	10	9:54	146	23:36	26.00	2:42:46	6:15	10	58:33	121	58:33
Lap 9	3.25	25:14	7:45	11	11:15	148	11:15	29.25	3:08:00	6:25	10	1:09:48	132	1:09:48
Lap 10	3.25	23:57	7:22	10	10:01	128	10:01	32.50	3:31:57	6:31	10	1:19:39	133	1:19:39
Lap 11	3.25	26:53	8:16	11	12:53	149	26:52	35.75	3:58:50	6:40	10	1:32:31	136	1:32:31
Lap 12	3.25	27:25	8:26	12	13:35	146	13:35	39.00	4:26:15	6:49	10	1:45:54	138	1:45:54
Last lap Finish	3.25	25:49	7:56	9	12:47	131	12:47	42.25	4:52:04	6:54	10	1:58:12	137	1:58:12