



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Klüh, Sebastian

Club: SC Motten

Number: 706

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:54:31

Speed: 8.56 km/h

Running performance: 6:58 min/km

Rank in course/Total: 159 (of 185)

Rank in course/Men: 143 (of 161)

Best time in course: 2:53:52

Rank in category: 22(of 24)

Best time in the category: 3:10:07

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	19:34	6:01	20	7:39	118	7:47	3.25	19:34	6:01	20	7:39	118	7:47
Lap 2	3.25	19:37	6:02	22	7:06	131	19:36	6.50	39:11	6:01	21	14:45	122	21:56
Lap 3	3.25	19:28	5:59	20	6:34	116	6:38	9.75	58:39	6:00	21	21:19	121	25:15
Lap 4	3.25	20:09	6:11	19	6:51	123	7:11	13.00	1:18:48	6:03	21	28:10	122	29:09
Lap 5	3.25	21:24	6:35	23	7:58	146	8:12	16.25	1:40:12	6:09	21	36:08	127	36:37
Lap 6	3.25	21:43	6:40	23	7:54	143	8:25	19.50	2:01:55	6:15	21	44:02	127	45:02
Lap 7	3.25	23:39	7:16	23	9:45	153	10:17	22.75	2:25:34	6:23	23	53:47	135	55:06
Lap 8	3.25	23:22	7:11	21	8:53	144	23:21	26.00	2:48:56	6:29	23	1:02:40	140	1:04:43
Lap 9	3.25	27:42	8:31	23	12:59	157	13:43	29.25	3:16:38	6:43	23	1:15:35	148	1:18:26
Lap 10	3.25	23:38	7:16	18	8:33	126	9:42	32.50	3:40:16	6:46	23	1:22:16	147	1:27:58
Lap 11	3.25	25:21	7:48	22	25:20	138	25:20	35.75	4:05:37	6:52	23	1:28:56	146	1:39:18
Lap 12	3.25	24:22	7:29	19	9:37	121	10:32	39.00	4:29:59	6:55	23	1:35:03	144	1:49:38
Last lap Finish	3.25	24:32	7:32	18	10:13	119	11:30	42.25	4:54:31	6:58	22	1:44:24	143	2:00:39