



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Praum, Sven

Club: Gattendorf

Number: 756

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:55:55

Speed: 8.57 km/h

Running performance: 7:00 min/km

Rank in course/Total: 161 (of 185)

Rank in course/Men: 145 (of 161)

Best time in course: 2:53:52

Rank in category: 35(of 40)

Best time in the category: 3:16:10

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	19:10	5:53	26	6:20	112	7:23	3.25	19:10	5:53	26	6:20	112	7:23
Lap 2	3.25	19:00	5:50	26	5:33	116	18:59	6.50	38:10	5:52	27	11:53	114	20:55
Lap 3	3.25	19:13	5:54	26	5:26	110	6:23	9.75	57:23	5:53	25	17:19	113	23:59
Lap 4	3.25	19:43	6:03	25	5:34	115	6:45	13.00	1:17:06	5:55	26	22:53	115	27:27
Lap 5	3.25	21:11	6:31	34	6:56	137	7:59	16.25	1:38:17	6:02	28	29:49	119	34:42
Lap 6	3.25	21:45	6:41	34	7:13	145	8:27	19.50	2:00:02	6:09	28	37:02	123	43:09
Lap 7	3.25	22:48	7:00	36	8:00	147	9:26	22.75	2:22:50	6:16	29	45:02	125	52:22
Lap 8	3.25	23:05	7:06	34	8:14	139	23:04	26.00	2:45:55	6:22	33	52:58	133	1:01:42
Lap 9	3.25	24:45	7:36	35	9:06	147	10:46	29.25	3:10:40	6:31	33	1:02:04	136	1:12:28
Lap 10	3.25	25:06	7:43	35	9:07	142	11:10	32.50	3:35:46	6:38	34	1:11:11	139	1:23:28
Lap 11	3.25	27:02	8:19	36	10:49	150	27:01	35.75	4:02:48	6:47	35	1:21:32	144	1:36:29
Lap 12	3.25	26:53	8:16	36	10:38	142	13:03	39.00	4:29:41	6:54	35	1:30:59	143	1:49:20
Last lap Finish	3.25	26:14	8:04	32	10:01	134	13:12	42.25	4:55:55	7:00	35	1:39:45	145	2:02:03