



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gerlach, Joerg

Club: 100 Marathon Club Deutschland

Number: 643

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:58:13

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course/Total: 164 (of 185)

Rank in course/Men: 148 (of 161)

Best time in course: 2:53:52

Rank in category: 10(of 12)

Best time in the category: 3:31:08

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	21:16	6:32	12	6:46	152	9:29	3.25	21:16	6:32	12	6:46	152	9:29
Lap 2	3.25	19:43	6:03	10	5:03	133	19:42	6.50	40:59	6:18	11	11:49	142	23:44
Lap 3	3.25	20:11	6:12	9	5:18	136	7:21	9.75	1:01:10	6:16	10	17:07	142	27:46
Lap 4	3.25	21:16	6:32	11	6:23	149	8:18	13.00	1:22:26	6:20	10	23:30	144	32:47
Lap 5	3.25	21:20	6:33	9	6:16	142	8:08	16.25	1:43:46	6:23	10	29:46	145	40:11
Lap 6	3.25	21:38	6:39	9	6:20	142	8:20	19.50	2:05:24	6:25	11	36:06	145	48:31
Lap 7	3.25	24:32	7:32	11	9:01	154	11:10	22.75	2:29:56	6:35	10	45:07	148	59:28
Lap 8	3.25	23:16	7:09	9	7:07	142	23:15	26.00	2:53:12	6:39	10	52:14	149	1:08:59
Lap 9	3.25	24:24	7:30	10	7:25	144	10:25	29.25	3:17:36	6:45	11	59:39	151	1:19:24
Lap 10	3.25	24:54	7:39	9	7:34	138	10:58	32.50	3:42:30	6:50	10	1:06:35	150	1:30:12
Lap 11	3.25	26:32	8:09	10	8:51	146	26:31	35.75	4:09:02	6:57	10	1:15:03	150	1:42:43
Lap 12	3.25	26:29	8:08	10	8:16	140	12:39	39.00	4:35:31	7:03	10	1:23:07	148	1:55:10
Last lap Finish	3.25	22:42	6:59	6	6:05	104	9:40	42.25	4:58:13	7:03	10	1:27:05	148	2:04:21