



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Krömer, Holger

Club: MC100 Austria/ VfL Bückeberg

Number: 716

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 5:04:30

Speed: 8.33 km/h

Running performance: 7:13 min/km

Rank in course/Total: 165 (of 185)

Rank in course/Men: 149 (of 161)

Best time in course: 2:53:52

Rank in category: 11(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	19:40	6:03	9	5:10	123	7:53	3.25	19:40	6:03	9	5:10	123	7:53
Lap 2	3.25	18:53	5:48	8	4:13	113	18:52	6.50	38:33	5:55	8	9:23	118	21:18
Lap 3	3.25	19:19	5:56	8	4:26	113	6:29	9.75	57:52	5:56	8	13:49	114	24:28
Lap 4	3.25	20:48	6:24	9	5:55	144	7:50	13.00	1:18:40	6:03	8	19:44	121	29:01
Lap 5	3.25	21:31	6:37	12	6:27	149	8:19	16.25	1:40:11	6:09	9	26:11	126	36:36
Lap 6	3.25	22:38	6:57	11	7:20	151	9:20	19.50	2:02:49	6:17	9	33:31	135	45:56
Lap 7	3.25	23:05	7:06	10	7:34	148	9:43	22.75	2:25:54	6:24	8	41:05	138	55:26
Lap 8	3.25	24:03	7:24	10	7:54	147	24:02	26.00	2:49:57	6:32	8	48:59	142	1:05:44
Lap 9	3.25	26:47	8:14	11	9:48	154	12:48	29.25	3:16:44	6:43	9	58:47	149	1:18:32
Lap 10	3.25	26:34	8:10	11	9:14	154	12:38	32.50	3:43:18	6:52	11	1:07:23	151	1:31:00
Lap 11	3.25	26:33	8:10	11	8:52	147	26:32	35.75	4:09:51	6:59	11	1:15:52	151	1:43:32
Lap 12	3.25	28:03	8:37	11	9:50	149	14:13	39.00	4:37:54	7:07	11	1:25:30	151	1:57:33
Last lap Finish	3.25	26:36	8:11	9	9:59	137	13:34	42.25	5:04:30	7:12	11	1:33:22	149	2:10:38