



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Richter, Bernd

Club: Lauf Team Unna

Number: 765

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 5:19:22

Speed: 7.89 km/h

Running performance: 7:34 min/km

Rank in course/Total: 173 (of 185)

Rank in course/Men: 154 (of 161)

Best time in course: 2:53:52

Rank in category: 38(of 40)

Best time in the category: 3:16:10

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	23:01	7:04	40	10:11	159	11:14	3.25	23:01	7:04	40	10:11	159	11:14
Lap 2	3.25	23:12	7:08	40	9:45	159	23:11	6.50	46:13	7:06	40	19:56	159	28:58
Lap 3	3.25	24:48	7:37	39	11:01	158	11:58	9.75	1:11:01	7:17	40	30:57	159	37:37
Lap 4	3.25	23:49	7:19	39	9:40	158	10:51	13.00	1:34:50	7:17	39	40:37	158	45:11
Lap 5	3.25	24:11	7:26	39	9:56	158	10:59	16.25	1:59:01	7:19	39	50:33	158	55:26
Lap 6	3.25	23:37	7:15	39	9:05	157	10:19	19.50	2:22:38	7:18	39	59:38	158	1:05:45
Lap 7	3.25	20:43	6:22	25	5:55	108	7:21	22.75	2:43:21	7:10	39	1:05:33	157	1:12:53
Lap 8	3.25	24:33	7:33	38	9:42	152	24:32	26.00	3:07:54	7:13	39	1:14:57	157	1:23:41
Lap 9	3.25	26:31	8:09	38	10:52	152	12:32	29.25	3:34:25	7:19	39	1:25:49	157	1:36:13
Lap 10	3.25	25:31	7:51	36	9:32	146	11:35	32.50	3:59:56	7:22	39	1:35:21	156	1:47:38
Lap 11	3.25	24:39	7:35	30	8:26	127	24:38	35.75	4:24:35	7:24	39	1:43:19	155	1:58:16
Lap 12	3.25	25:22	7:48	31	9:07	129	11:32	39.00	4:49:57	7:26	38	1:51:15	154	2:09:36
Last lap Finish	3.25	29:25	9:03	36	13:12	147	16:23	42.25	5:19:22	7:33	38	2:03:12	154	2:25:30