



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kiesow, Alex

Club: Assenheim

Number: 698

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 5:27:56

Speed: 7.68 km/h

Running performance: 7:46 min/km

Rank in course/Total: 178 (of 185)

Rank in course/Men: 155 (of 161)

Best time in course: 2:53:52

Rank in category: 39(of 40)

Best time in the category: 3:16:10

Intermediate times				Stage score				Total ranking						
Control	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	23:00	7:04	39	10:10	158	11:13	3.25	23:00	7:04	39	10:10	158	11:13
Lap 2	3.25	22:32	6:56	38	9:05	157	22:31	6.50	45:32	7:00	39	19:15	158	28:17
Lap 3	3.25	21:42	6:40	38	7:55	154	8:52	9.75	1:07:14	6:53	39	27:10	158	33:50
Lap 4	3.25	22:04	6:47	37	7:55	153	9:06	13.00	1:29:18	6:52	38	35:05	157	39:39
Lap 5	3.25	22:13	6:50	38	7:58	154	9:01	16.25	1:51:31	6:51	38	43:03	157	47:56
Lap 6	3.25	22:57	7:03	37	8:25	152	9:39	19.50	2:14:28	6:53	38	51:28	157	57:35
Lap 7	3.25	23:38	7:16	38	8:50	152	10:16	22.75	2:38:06	6:56	38	1:00:18	154	1:07:38
Lap 8	3.25	24:17	7:28	37	9:26	149	24:16	26.00	3:02:23	7:00	38	1:09:26	154	1:18:10
Lap 9	3.25	26:31	8:09	38	10:52	152	12:32	29.25	3:28:54	7:08	38	1:20:18	154	1:30:42
Lap 10	3.25	25:52	7:57	37	9:53	149	11:56	32.50	3:54:46	7:13	38	1:30:11	154	1:42:28
Lap 11	3.25	28:58	8:54	38	12:45	154	28:57	35.75	4:23:44	7:22	38	1:42:28	154	1:57:25
Lap 12	3.25	29:59	9:13	39	13:44	156	16:09	39.00	4:53:43	7:31	39	1:55:01	155	2:13:22
Last lap Finish	3.25	34:13	10:31	39	18:00	155	21:11	42.25	5:27:56	7:45	39	2:11:46	155	2:34:04