



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Knapp, Matthias

Club: GutsMuths-Rennsteiglaufverein

Number: 3

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:07:49

Speed: 13.42 km/h

Running performance: 4:27 min/km

Rank in course/Total: 9 (of 250)

Rank in course/Men: 5 (of 212)

Best time in course: 2:57:03

Rank in category: 2(of 14)

Best time in the category: 3:02:07

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	14:00	4:18	3	1:05	13	1:09	3.25	14:00	4:18	3	1:05	13	1:09
Lap 2	3.25	14:01	4:18	3	1:05	13	1:08	6.50	28:01	4:18	3	2:10	13	2:17
Lap 3	3.25	14:25	4:26	3	1:24	17	1:35	9.75	42:26	4:21	3	3:34	11	3:52
Lap 4	3.25	14:05	4:20	3	0:52	13	0:59	13.00	56:31	4:20	3	4:26	11	4:51
Lap 5	3.25	14:13	4:22	3	0:49	11	1:30	16.25	1:10:44	4:21	3	5:15	11	5:51
Lap 6	3.25	14:15	4:23	3	0:47	11	1:05	19.50	1:24:59	4:21	3	6:02	13	6:56
Lap 7	3.25	14:26	4:26	3	0:58	11	1:03	22.75	1:39:25	4:22	3	7:00	15	7:59
Lap 8	3.25	14:19	4:24	3	0:08	11	13:35	26.00	1:53:44	4:22	3	7:08	13	8:40
Lap 9	3.25	14:25	4:26	1	-	7	0:42	29.25	2:08:09	4:22	3	6:45	9	9:17
Lap 10	3.25	14:36	4:29	1	-	7	0:51	32.50	2:22:45	4:23	3	6:17	9	9:41
Lap 11	3.25	14:53	4:34	1	-	5	1:08	35.75	2:37:38	4:24	3	6:17	9	9:51
Lap 12	3.25	15:05	4:38	1	-	7	1:30	39.00	2:52:43	4:25	3	5:56	9	10:16
Last lap Finish	3.25	15:06	4:38	1	-	7	1:14	42.25	3:07:49	4:26	3	5:42	9	10:46