



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Knapp, Matthias

Club: GutsMuths-Rennsteiglaufverein

Number: 563

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:59:21

Speed: 14.05 km/h

Running performance: 4:14 min/km

Rank in course/Total: 2 (of 119)

Rank in course/Men: 2 (of 107)

Best time in course: 2:53:03

Rank in category: 1(of 10)

Best time in the category: 2:59:21

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	11:49	3:38	1	-	1	-	3.25	11:49	3:38	1	-	1	-
Lap 2	3.25	12:40	3:53	1	-	1	-	6.50	24:29	3:46	1	-	1	-
Lap 3	3.25	12:44	3:55	1	-	2	0:13	9.75	37:13	3:49	1	-	1	-
Lap 4	3.25	12:47	3:55	1	-	2	0:08	13.00	50:00	3:50	1	-	1	-
Lap 5	3.25	12:57	3:59	1	-	1	-	16.25	1:02:57	3:52	1	-	1	-
Lap 6	3.25	13:12	4:03	1	-	2	0:06	19.50	1:16:09	3:54	1	-	1	-
Lap 7	3.25	13:17	4:05	1	-	2	0:13	22.75	1:29:26	3:55	1	-	1	-
Lap 8	3.25	13:13	4:03	1	-	2	0:08	26.00	1:42:39	3:56	1	-	2	0:08
Lap 9	3.25	13:51	4:15	1	-	2	0:16	29.25	1:56:30	3:58	1	-	2	0:24
Lap 10	3.25	15:54	4:53	2	0:19	13	1:47	32.50	2:12:24	4:04	1	-	2	2:11
Lap 11	3.25	14:33	4:28	1	-	2	0:36	35.75	2:26:57	4:06	1	-	2	2:47
Lap 12	3.25	15:42	4:49	1	-	4	1:40	39.00	2:42:39	4:10	1	-	2	4:27
Last lap Finish	3.25	16:42	5:08	2	0:01	16	1:51	42.25	2:59:21	4:14	1	-	2	6:18