



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Lorenzen, Uli

Club: Feuerwehr Marbach

Number: 581

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:08:05

Speed: 13.48 km/h

Running performance: 4:27 min/km

Rank in course/Total: 4 (of 119)

Rank in course/Men: 4 (of 107)

Best time in course: 2:53:03

Rank in category: 1(of 24)

Best time in the category: 3:08:05

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	13:23	4:07	2	0:15	11	1:34	3.25	13:23	4:07	2	0:15	11	1:34
Lap 2	3.25	13:49	4:15	1	-	8	1:09	6.50	27:12	4:11	2	0:09	11	2:43
Lap 3	3.25	13:38	4:11	1	-	5	1:07	9.75	40:50	4:11	1	-	6	3:37
Lap 4	3.25	13:44	4:13	1	-	5	1:05	13.00	54:34	4:11	1	-	6	4:34
Lap 5	3.25	13:50	4:15	1	-	4	0:53	16.25	1:08:24	4:12	1	-	6	5:27
Lap 6	3.25	14:09	4:21	1	-	5	1:03	19.50	1:22:33	4:14	1	-	6	6:24
Lap 7	3.25	14:05	4:20	1	-	3	1:01	22.75	1:36:38	4:14	1	-	6	7:12
Lap 8	3.25	14:57	4:35	2	0:06	8	1:52	26.00	1:51:35	4:17	1	-	6	9:04
Lap 9	3.25	15:00	4:36	2	0:06	8	1:25	29.25	2:06:35	4:19	1	-	6	10:29
Lap 10	3.25	15:19	4:42	1	-	5	1:12	32.50	2:21:54	4:21	1	-	5	11:41
Lap 11	3.25	15:13	4:40	1	-	3	1:16	35.75	2:37:07	4:23	1	-	3	12:57
Lap 12	3.25	15:45	4:50	1	-	5	1:43	39.00	2:52:52	4:25	1	-	4	14:40
Last lap Finish	3.25	15:13	4:40	1	-	2	0:22	42.25	3:08:05	4:27	1	-	4	15:02