



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Flejmer, Karol

Club: Bad Sobernheim

Number: 529

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:12:09

Speed: 13.11 km/h

Running performance: 4:33 min/km

Rank in course/Total: 8 (of 119)

Rank in course/Men: 8 (of 107)

Best time in course: 2:53:03

Rank in category: 2(of 9)

Best time in the category: 3:07:39

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	12:56	3:58	2	0:32	5	1:07	3.25	12:56	3:58	2	0:32	5	1:07
Lap 2	3.25	13:58	4:17	2	0:41	10	1:18	6.50	26:54	4:08	2	1:13	6	2:25
Lap 3	3.25	14:04	4:19	2	0:23	9	1:33	9.75	40:58	4:12	2	1:36	7	3:45
Lap 4	3.25	13:48	4:14	1	-	6	1:09	13.00	54:46	4:12	2	1:33	7	4:46
Lap 5	3.25	14:12	4:22	2	0:03	9	1:15	16.25	1:08:58	4:14	2	1:36	7	6:01
Lap 6	3.25	14:09	4:21	1	-	5	1:03	19.50	1:23:07	4:15	2	1:27	7	6:58
Lap 7	3.25	14:23	4:25	1	-	6	1:19	22.75	1:37:30	4:17	2	1:18	8	8:04
Lap 8	3.25	14:32	4:28	1	-	3	1:27	26.00	1:52:02	4:18	2	0:50	8	9:31
Lap 9	3.25	14:35	4:29	1	-	3	1:00	29.25	2:06:37	4:19	2	0:30	7	10:31
Lap 10	3.25	16:51	5:11	3	1:41	18	2:44	32.50	2:23:28	4:24	3	2:11	9	13:15
Lap 11	3.25	16:04	4:56	2	0:12	12	2:07	35.75	2:39:32	4:27	2	2:23	7	15:22
Lap 12	3.25	16:29	5:04	2	1:22	13	2:27	39.00	2:56:01	4:30	2	3:45	8	17:49
Last lap Finish	3.25	16:08	4:57	2	0:45	11	1:17	42.25	3:12:09	4:32	2	4:30	8	19:06