



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Pawlowski, Lukas

Club: Raw Vegan Run

Number: 599

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:12:49

Speed: 13.07 km/h

Running performance: 4:34 min/km

Rank in course/Total: 9 (of 119)

Rank in course/Men: 9 (of 107)

Best time in course: 2:53:03

Rank in category: 3(of 9)

Best time in the category: 3:07:39

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 | 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 | 15:02 | 4:37 | 3 | 0:27 | 9 | 1:27 | 29.25 | 2:07:04 | 4:20 | 3 | 0:57 | 9 | 10:58 |
| Lap 10 | 3.25 | 15:42 | 4:49 | 2 | 0:32 | 12 | 1:35 | 32.50 | 2:22:46 | 4:23 | 2 | 1:29 | 8 | 12:33 |
| Lap 11 | 3.25 | 17:01 | 5:14 | 3 | 1:09 | 16 | 3:04 | 35.75 | 2:39:47 | 4:28 | 3 | 2:38 | 8 | 15:37 |
| Lap 12 | 3.25 | 16:51 | 5:11 | 3 | 1:44 | 17 | 2:49 | 39.00 | 2:56:38 | 4:31 | 3 | 4:22 | 9 | 18:26 |
| Last lap Finish | 3.25 | 16:11 | 4:58 | 3 | 0:48 | 12 | 1:20 | 42.25 | 3:12:49 | 4:33 | 3 | 5:10 | 9 | 19:46 |