



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Jahn, Uwe

Club: Eilenburg

Number: 555

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:13:56

Speed: 12.99 km/h

Running performance: 4:35 min/km

Rank in course/Total: 10 (of 119)

Rank in course/Men: 10 (of 107)

Best time in course: 2:53:03

Rank in category: 2(of 24)

Best time in the category: 3:08:05

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	14:02	4:19	3	0:54	17	2:13	3.25	14:02	4:19	3	0:54	17	2:13
Lap 2	3.25	14:42	4:31	3	0:53	14	2:02	6.50	28:44	4:25	3	1:41	15	4:15
Lap 3	3.25	14:32	4:28	3	0:54	12	2:01	9.75	43:16	4:26	3	2:26	14	6:03
Lap 4	3.25	14:28	4:27	2	0:44	12	1:49	13.00	57:44	4:26	3	3:10	14	7:44
Lap 5	3.25	14:30	4:27	2	0:40	12	1:33	16.25	1:12:14	4:26	3	3:50	13	9:17
Lap 6	3.25	14:34	4:28	2	0:25	11	1:28	19.50	1:26:48	4:27	3	4:15	13	10:39
Lap 7	3.25	14:42	4:31	2	0:37	9	1:38	22.75	1:41:30	4:27	3	4:52	13	12:04
Lap 8	3.25	14:51	4:34	1	-	6	1:46	26.00	1:56:21	4:28	2	4:46	11	13:50
Lap 9	3.25	14:54	4:35	1	-	6	1:19	29.25	2:11:15	4:29	2	4:40	11	15:09
Lap 10	3.25	15:30	4:46	2	0:11	6	1:23	32.50	2:26:45	4:30	2	4:51	11	16:32
Lap 11	3.25	15:53	4:53	3	0:40	9	1:56	35.75	2:42:38	4:32	3	5:31	12	18:28
Lap 12	3.25	15:49	4:51	2	0:04	7	1:47	39.00	2:58:27	4:34	2	5:35	10	20:15
Last lap Finish	3.25	15:29	4:45	3	0:16	6	0:38	42.25	3:13:56	4:35	2	5:51	10	20:53