



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Eichenauer, Uwe**

Club: 1. SC Gießen Sachsenhausen

Number: 526

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:14:15

Speed: 12.97 km/h

Running performance: 4:36 min/km

Rank in course/Total: 11 (of 119)

Rank in course/Men: 11 (of 107)

Best time in course: 2:53:03

Rank in category: 3(of 24)

Best time in the category: 3:08:05

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Lap 1	3.25	13:08	4:02	1	-	7	1:19	3.25	13:08	4:02	1	-	7	1:19
Lap 2	3.25	13:55	4:16	2	0:06	9	1:15	6.50	27:03	4:09	1	-	8	2:34
Lap 3	3.25	14:06	4:20	2	0:28	11	1:35	9.75	41:09	4:13	2	0:19	11	3:56
Lap 4	3.25	14:53	4:34	3	1:09	15	2:14	13.00	56:02	4:18	2	1:28	11	6:02
Lap 5	3.25	15:22	4:43	3	1:32	16	2:25	16.25	1:11:24	4:23	2	3:00	11	8:27
Lap 6	3.25	15:17	4:42	3	1:08	17	2:11	19.50	1:26:41	4:26	2	4:08	12	10:32
Lap 7	3.25	14:45	4:32	3	0:40	11	1:41	22.75	1:41:26	4:27	2	4:48	12	12:00
Lap 8	3.25	14:58	4:36	3	0:07	9	1:53	26.00	1:56:24	4:28	3	4:49	13	13:53
Lap 9	3.25	15:25	4:44	3	0:31	14	1:50	29.25	2:11:49	4:30	3	5:14	13	15:43
Lap 10	3.25	15:30	4:46	2	0:11	6	1:23	32.50	2:27:19	4:31	3	5:25	12	17:06
Lap 11	3.25	15:16	4:41	2	0:03	4	1:19	35.75	2:42:35	4:32	2	5:28	11	18:25
Lap 12	3.25	16:15	5:00	3	0:30	10	2:13	39.00	2:58:50	4:35	3	5:58	12	20:38
Last lap Finish	3.25	15:25	4:44	2	0:12	4	0:34	42.25	3:14:15	4:35	3	6:10	11	21:12