



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hussmann, Christoph

Club: Hussmann Profilrollen Fröndenberg

Number: 554

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:20:07

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 15 (of 119)

Rank in course/Men: 15 (of 107)

Best time in course: 2:53:03

Rank in category: 6(of 24)

Best time in the category: 2:53:03

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	15:11	4:40	7	3:05	24	3:22	3.25	15:11	4:40	7	3:05	24	3:22
Lap 2	3.25	15:49	4:51	7	3:04	24	3:09	6.50	31:00	4:46	7	6:07	24	6:31
Lap 3	3.25	15:30	4:46	7	2:59	21	2:59	9.75	46:30	4:46	7	8:51	23	9:17
Lap 4	3.25	15:20	4:43	6	2:41	17	2:41	13.00	1:01:50	4:45	7	11:32	23	11:50
Lap 5	3.25	15:05	4:38	5	2:07	13	2:08	16.25	1:16:55	4:44	7	13:39	21	13:58
Lap 6	3.25	14:40	4:30	5	1:34	12	1:34	19.50	1:31:35	4:41	6	15:13	18	15:26
Lap 7	3.25	14:59	4:36	5	1:55	14	1:55	22.75	1:46:34	4:41	6	17:08	16	17:08
Lap 8	3.25	15:05	4:38	4	2:00	12	2:00	26.00	2:01:39	4:40	6	19:08	16	19:08
Lap 9	3.25	15:13	4:40	4	1:38	11	1:38	29.25	2:16:52	4:40	6	20:46	16	20:46
Lap 10	3.25	15:41	4:49	5	1:34	11	1:34	32.50	2:32:33	4:41	6	22:20	16	22:20
Lap 11	3.25	15:58	4:54	4	2:01	10	2:01	35.75	2:48:31	4:42	6	24:21	16	24:21
Lap 12	3.25	15:55	4:53	3	1:53	8	1:53	39.00	3:04:26	4:43	6	26:14	15	26:14
Last lap Finish	3.25	15:41	4:49	4	0:50	9	0:50	42.25	3:20:07	4:44	6	27:04	15	27:04