



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Urban, Andreas

Club: SG Dynamo Dresden

Number: 644

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:23:54

Speed: 12.36 km/h

Running performance: 4:50 min/km

Rank in course/Total: 16 (of 119)

Rank in course/Men: 16 (of 107)

Best time in course: 2:53:03

Rank in category: 1(of 10)

Best time in the category: 3:23:54

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	14:01	4:18	2	0:21	16	2:12	3.25	14:01	4:18	2	0:21	16	2:12
Lap 2	3.25	14:44	4:31	1	-	15	2:04	6.50	28:45	4:25	2	0:20	16	4:16
Lap 3	3.25	14:33	4:28	1	-	13	2:02	9.75	43:18	4:26	1	-	15	6:05
Lap 4	3.25	14:22	4:25	1	-	11	1:43	13.00	57:40	4:26	1	-	12	7:40
Lap 5	3.25	14:14	4:22	1	-	11	1:17	16.25	1:11:54	4:25	1	-	12	8:57
Lap 6	3.25	14:40	4:30	1	-	12	1:34	19.50	1:26:34	4:26	1	-	11	10:25
Lap 7	3.25	14:42	4:31	1	-	9	1:38	22.75	1:41:16	4:27	1	-	11	11:50
Lap 8	3.25	15:06	4:38	1	-	13	2:01	26.00	1:56:22	4:28	1	-	12	13:51
Lap 9	3.25	15:10	4:39	1	-	10	1:35	29.25	2:11:32	4:29	1	-	12	15:26
Lap 10	3.25	16:21	5:01	1	-	14	2:14	32.50	2:27:53	4:33	1	-	13	17:40
Lap 11	3.25	18:09	5:35	1	-	32	4:12	35.75	2:46:02	4:38	1	-	15	21:52
Lap 12	3.25	18:54	5:48	3	0:22	39	4:52	39.00	3:04:56	4:44	1	-	16	26:44
Last lap Finish	3.25	18:58	5:50	3	1:17	41	4:07	42.25	3:23:54	4:49	1	-	16	30:51