



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Porstner, Crispin**

Club: Bremen

Number: 604

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 3:28:30

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 17 (of 119)

Rank in course/Men: 17 (of 107)

Best time in course: 2:53:03

Rank in category: 1(of 6)

Best time in the category: 3:28:30

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	15:25	4:44	1	-	29	3:36	3.25	15:25	4:44	1	-	29	3:36
Lap 2	3.25	15:10	4:39	1	-	19	2:30	6.50	30:35	4:42	1	-	22	6:06
Lap 3	3.25	14:58	4:36	1	-	15	2:27	9.75	45:33	4:40	1	-	21	8:20
Lap 4	3.25	15:14	4:41	1	-	16	2:35	13.00	1:00:47	4:40	1	-	20	10:47
Lap 5	3.25	15:10	4:39	1	-	14	2:13	16.25	1:15:57	4:40	1	-	19	13:00
Lap 6	3.25	15:11	4:40	1	-	16	2:05	19.50	1:31:08	4:40	1	-	16	14:59
Lap 7	3.25	15:35	4:47	1	-	17	2:31	22.75	1:46:43	4:41	1	-	17	17:17
Lap 8	3.25	16:12	4:59	1	-	17	3:07	26.00	2:02:55	4:43	1	-	17	20:24
Lap 9	3.25	16:31	5:04	1	-	18	2:56	29.25	2:19:26	4:46	1	-	17	23:20
Lap 10	3.25	17:29	5:22	1	-	27	3:22	32.50	2:36:55	4:49	1	-	17	26:42
Lap 11	3.25	17:43	5:27	1	-	22	3:46	35.75	2:54:38	4:53	1	-	17	30:28
Lap 12	3.25	16:35	5:06	1	-	15	2:33	39.00	3:11:13	4:54	1	-	17	33:01
Last lap Finish	3.25	17:17	5:19	1	-	21	2:26	42.25	3:28:30	4:56	1	-	17	35:27