



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: 12.09 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 |