



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Mörth, Sascha

Total time: 3:29:40

Club: Team Meldelaeufer / Team Erdinger Alkoholfr
Number: 589

Speed: 12.02 km/h

Running performance: 4:58 min/km

Course: 42.25 km
Marathon

Rank in course/Total: 18 (of 119)

Rank in course/Men: 18 (of 107)

Best time in course: 2:53:03

Category:

Rank in category: 4(of 24)

Senioren M45 (45-49 Jahre)

Best time in the category: 3:08:05

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	14:49	4:33	5	1:41	22	3:00	3.25	14:49	4:33	5	1:41	22	3:00
Lap 2	3.25	15:19	4:42	5	1:30	21	2:39	6.50	30:08	4:38	5	3:05	21	5:39
Lap 3	3.25	15:31	4:46	5	1:53	22	3:00	9.75	45:39	4:40	5	4:49	22	8:26
Lap 4	3.25	15:35	4:47	5	1:51	21	2:56	13.00	1:01:14	4:42	5	6:40	21	11:14
Lap 5	3.25	15:52	4:52	5	2:02	21	2:55	16.25	1:17:06	4:44	5	8:42	22	14:09
Lap 6	3.25	16:09	4:58	5	2:00	20	3:03	19.50	1:33:15	4:46	5	10:42	22	17:06
Lap 7	3.25	16:04	4:56	5	1:59	19	3:00	22.75	1:49:19	4:48	5	12:41	22	19:53
Lap 8	3.25	16:20	5:01	4	1:29	18	3:15	26.00	2:05:39	4:49	5	14:04	20	23:08
Lap 9	3.25	16:24	5:02	4	1:30	17	2:49	29.25	2:22:03	4:51	5	15:28	19	25:57
Lap 10	3.25	16:52	5:11	4	1:33	19	2:45	32.50	2:38:55	4:53	5	17:01	19	28:42
Lap 11	3.25	17:19	5:19	5	2:06	20	3:22	35.75	2:56:14	4:55	4	19:07	18	32:04
Lap 12	3.25	16:44	5:08	4	0:59	16	2:42	39.00	3:12:58	4:56	4	20:06	18	34:46
Last lap Finish	3.25	16:42	5:08	6	1:29	16	1:51	42.25	3:29:40	4:57	4	21:35	18	36:37