



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hake, Achim

Club: Beverungen

Number: 539

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:35:18

Speed: 11.70 km/h

Running performance: 5:06 min/km

Rank in course/Total: 19 (of 119)

Rank in course/Men: 19 (of 107)

Best time in course: 2:53:03

Rank in category: 2(of 16)

Best time in the category: 3:11:10

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	16:01	4:55	5	2:40	39	4:12	3.25	16:01	4:55	5	2:40	39	4:12
Lap 2	3.25	16:25	5:03	3	2:40	39	3:45	6.50	32:26	4:59	5	5:20	39	7:57
Lap 3	3.25	16:38	5:07	4	2:43	37	4:07	9.75	49:04	5:01	4	8:03	40	11:51
Lap 4	3.25	16:38	5:07	4	2:33	33	3:59	13.00	1:05:42	5:03	4	10:36	40	15:42
Lap 5	3.25	16:35	5:06	2	2:25	29	3:38	16.25	1:22:17	5:03	4	13:01	34	19:20
Lap 6	3.25	16:53	5:11	4	2:26	34	3:47	19.50	1:39:10	5:05	4	15:27	32	23:01
Lap 7	3.25	16:45	5:09	5	2:00	27	3:41	22.75	1:55:55	5:05	4	17:27	31	26:29
Lap 8	3.25	16:51	5:11	3	1:47	24	3:46	26.00	2:12:46	5:06	4	19:14	29	30:15
Lap 9	3.25	16:48	5:10	3	1:33	22	3:13	29.25	2:29:34	5:06	2	20:47	26	33:28
Lap 10	3.25	16:38	5:07	2	1:07	15	2:31	32.50	2:46:12	5:06	2	21:54	24	35:59
Lap 11	3.25	16:33	5:05	2	0:55	14	2:36	35.75	3:02:45	5:06	2	22:49	23	38:35
Lap 12	3.25	16:26	5:03	2	0:40	12	2:24	39.00	3:19:11	5:06	2	23:29	21	40:59
Last lap Finish	3.25	16:07	4:57	2	0:39	10	1:16	42.25	3:35:18	5:05	2	24:08	19	42:15