



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Schlung, Daniel

Club: Sv 03 Gerbershausen

Number: 623

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:35:24

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 20 (of 119)

Rank in course/Men: 20 (of 107)

Best time in course: 2:53:03

Rank in category: 3(of 10)

Best time in the category: 2:59:21

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	13:53	4:16	2	2:04	14	2:04	3.25	13:53	4:16	2	2:04	14	2:04
Lap 2	3.25	15:26	4:44	4	2:46	22	2:46	6.50	29:19	4:30	4	4:50	18	4:50
Lap 3	3.25	15:58	4:54	4	3:14	24	3:27	9.75	45:17	4:38	4	8:04	20	8:04
Lap 4	3.25	16:06	4:57	5	3:19	24	3:27	13.00	1:01:23	4:43	4	11:23	22	11:23
Lap 5	3.25	16:11	4:58	5	3:14	23	3:14	16.25	1:17:34	4:46	4	14:37	23	14:37
Lap 6	3.25	16:26	5:03	5	3:14	26	3:20	19.50	1:34:00	4:49	4	17:51	23	17:51
Lap 7	3.25	16:31	5:04	4	3:14	23	3:27	22.75	1:50:31	4:51	4	21:05	23	21:05
Lap 8	3.25	16:39	5:07	4	3:26	22	3:34	26.00	2:07:10	4:53	3	24:31	22	24:39
Lap 9	3.25	17:09	5:16	3	3:18	25	3:34	29.25	2:24:19	4:56	3	27:49	22	28:13
Lap 10	3.25	17:56	5:31	5	2:21	35	3:49	32.50	2:42:15	4:59	3	29:51	20	32:02
Lap 11	3.25	17:48	5:28	3	3:15	23	3:51	35.75	3:00:03	5:02	3	33:06	20	35:53
Lap 12	3.25	18:01	5:32	3	2:19	21	3:59	39.00	3:18:04	5:04	3	35:25	20	39:52
Last lap Finish	3.25	17:20	5:19	3	0:39	22	2:29	42.25	3:35:24	5:05	3	36:03	20	42:21