



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Zinn, Michael**

Club: DekaBank Sport e.V.

Number: 657

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:40:17

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 24 (of 119)

Rank in course/Men: 24 (of 107)

Best time in course: 2:53:03

Rank in category: 6(of 24)

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	16:16	5:00	8	3:08	41	4:27	3.25	16:16	5:00	8	3:08	41	4:27
Lap 2	3.25	16:32	5:05	11	2:43	41	3:52	6.50	32:48	5:02	11	5:45	43	8:19
Lap 3	3.25	16:48	5:10	9	3:10	42	4:17	9.75	49:36	5:05	9	8:46	42	12:23
Lap 4	3.25	16:54	5:11	9	3:10	41	4:15	13.00	1:06:30	5:06	9	11:56	42	16:30
Lap 5	3.25	16:46	5:09	8	2:56	34	3:49	16.25	1:23:16	5:07	9	14:52	42	20:19
Lap 6	3.25	16:51	5:11	8	2:42	32	3:45	19.50	1:40:07	5:08	9	17:34	39	23:58
Lap 7	3.25	17:03	5:14	8	2:58	35	3:59	22.75	1:57:10	5:09	9	20:32	38	27:44
Lap 8	3.25	17:06	5:15	7	2:15	27	4:01	26.00	2:14:16	5:09	8	22:41	34	31:45
Lap 9	3.25	17:19	5:19	8	2:25	32	3:44	29.25	2:31:35	5:10	8	25:00	34	35:29
Lap 10	3.25	17:06	5:15	5	1:47	21	2:59	32.50	2:48:41	5:11	8	26:47	31	38:28
Lap 11	3.25	17:17	5:19	4	2:04	19	3:20	35.75	3:05:58	5:12	8	28:51	28	41:48
Lap 12	3.25	17:40	5:26	5	1:55	20	3:38	39.00	3:23:38	5:13	7	30:46	25	45:26
Last lap Finish	3.25	16:39	5:07	5	1:26	14	1:48	42.25	3:40:17	5:12	6	32:12	24	47:14