



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Sistermanns, Elmar

Club: LG Mörfelden-Walldorf

Number: 633

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:40:39

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 25 (of 119)

Rank in course/Men: 25 (of 107)

Best time in course: 2:53:03

Rank in category: 3(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	16:25	5:03	6	3:04	43	4:36	3.25	16:25	5:03	6	3:04	43	4:36
Lap 2	3.25	17:30	5:23	10	3:45	58	4:50	6.50	33:55	5:13	7	6:49	53	9:26
Lap 3	3.25	17:28	5:22	8	3:33	51	4:57	9.75	51:23	5:16	7	10:22	51	14:10
Lap 4	3.25	17:52	5:29	10	3:47	59	5:13	13.00	1:09:15	5:19	7	14:09	51	19:15
Lap 5	3.25	17:10	5:16	7	3:00	42	4:13	16.25	1:26:25	5:19	8	17:09	50	23:28
Lap 6	3.25	16:53	5:11	4	2:26	34	3:47	19.50	1:43:18	5:17	8	19:35	49	27:09
Lap 7	3.25	16:42	5:08	4	1:57	26	3:38	22.75	2:00:00	5:16	8	21:32	46	30:34
Lap 8	3.25	16:37	5:06	2	1:33	20	3:32	26.00	2:16:37	5:15	7	23:05	41	34:06
Lap 9	3.25	16:43	5:08	2	1:28	21	3:08	29.25	2:33:20	5:14	7	24:33	40	37:14
Lap 10	3.25	16:38	5:07	2	1:07	15	2:31	32.50	2:49:58	5:13	7	25:40	36	39:45
Lap 11	3.25	16:49	5:10	3	1:11	15	2:52	35.75	3:06:47	5:13	3	26:51	29	42:37
Lap 12	3.25	17:07	5:15	3	1:21	18	3:05	39.00	3:23:54	5:13	3	28:12	26	45:42
Last lap Finish	3.25	16:45	5:09	3	1:17	18	1:54	42.25	3:40:39	5:13	3	29:29	25	47:36