



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hunger, Alexander

Club: WSV Berlin

Number: 553

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:44:11

Speed: 11.24 km/h

Running performance: 5:19 min/km

Rank in course/Total: 31 (of 119)

Rank in course/Men: 31 (of 107)

Best time in course: 2:53:03

Rank in category: 8(of 24)

Best time in the category: 3:08:05

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	16:29	5:04	10	3:21	47	4:40	3.25	16:29	5:04	10	3:21	47	4:40
Lap 2	3.25	16:02	4:56	7	2:13	29	3:22	6.50	32:31	5:00	8	5:28	40	8:02
Lap 3	3.25	16:24	5:02	7	2:46	32	3:53	9.75	48:55	5:01	7	8:05	37	11:42
Lap 4	3.25	16:35	5:06	7	2:51	31	3:56	13.00	1:05:30	5:02	8	10:56	36	15:30
Lap 5	3.25	17:10	5:16	10	3:20	42	4:13	16.25	1:22:40	5:05	8	14:16	38	19:43
Lap 6	3.25	16:43	5:08	7	2:34	30	3:37	19.50	1:39:23	5:05	8	16:50	34	23:14
Lap 7	3.25	16:58	5:13	6	2:53	33	3:54	22.75	1:56:21	5:06	7	19:43	32	26:55
Lap 8	3.25	17:18	5:19	8	2:27	31	4:13	26.00	2:13:39	5:08	7	22:04	32	31:08
Lap 9	3.25	16:39	5:07	5	1:45	20	3:04	29.25	2:30:18	5:08	7	23:43	28	34:12
Lap 10	3.25	17:26	5:21	7	2:07	25	3:19	32.50	2:47:44	5:09	7	25:50	26	37:31
Lap 11	3.25	17:50	5:29	7	2:37	25	3:53	35.75	3:05:34	5:11	7	28:27	26	41:24
Lap 12	3.25	18:54	5:48	11	3:09	39	4:52	39.00	3:24:28	5:14	8	31:36	29	46:16
Last lap Finish	3.25	19:43	6:03	13	4:30	50	4:52	42.25	3:44:11	5:18	8	36:06	31	51:08