



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Michaelis, Olli

Club: Meddys LWT Koblenz + TEA
Number: 502

Course: 42.25 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:44:43

Speed: 11.21 km/h
Running performance: 5:19 min/km

Rank in course/Total: 34 (of 119)

Rank in course/Men: 34 (of 107)

Best time in course: 2:53:03

Rank in category: 10(of 24)

Best time in the category: 2:53:03

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	15:53	4:53	10	3:47	38	4:04	3.25	15:53	4:53	10	3:47	38	4:04
Lap 2	3.25	16:18	5:00	10	3:33	37	3:38	6.50	32:11	4:57	10	7:18	37	7:42
Lap 3	3.25	16:30	5:04	10	3:59	34	3:59	9.75	48:41	4:59	10	11:02	36	11:28
Lap 4	3.25	16:15	5:00	8	3:36	26	3:36	13.00	1:04:56	4:59	9	14:38	33	14:56
Lap 5	3.25	16:56	5:12	10	3:58	36	3:59	16.25	1:21:52	5:02	9	18:36	32	18:55
Lap 6	3.25	16:09	4:58	7	3:03	20	3:03	19.50	1:38:01	5:01	8	21:39	27	21:52
Lap 7	3.25	16:30	5:04	7	3:26	22	3:26	22.75	1:54:31	5:02	8	25:05	26	25:05
Lap 8	3.25	17:26	5:21	8	4:21	32	4:21	26.00	2:11:57	5:04	8	29:26	26	29:26
Lap 9	3.25	18:29	5:41	11	4:54	45	4:54	29.25	2:30:26	5:08	9	34:20	30	34:20
Lap 10	3.25	17:48	5:28	10	3:41	33	3:41	32.50	2:48:14	5:10	9	38:01	29	38:01
Lap 11	3.25	19:43	6:03	11	5:46	52	5:46	35.75	3:07:57	5:15	10	43:47	34	43:47
Lap 12	3.25	18:39	5:44	8	4:37	31	4:37	39.00	3:26:36	5:17	10	48:24	35	48:24
Last lap Finish	3.25	18:07	5:34	8	3:16	32	3:16	42.25	3:44:43	5:19	10	51:40	34	51:40