



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kraushaar, Torsten

Club: Erfurt
Number: 570

Course: 42.25 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:44:04

Speed: 11.25 km/h
Running performance: 5:18 min/km

Rank in course/Total: 29 (of 119)

Rank in course/Men: 29 (of 107)

Best time in course: 2:53:03

Rank in category: 8(of 24)

Best time in the category: 2:53:03

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	13:12	4:03	3	1:06	8	1:23	3.25	13:12	4:03	3	1:06	8	1:23
Lap 2	3.25	14:40	4:30	5	1:55	13	2:00	6.50	27:52	4:17	5	2:59	12	3:23
Lap 3	3.25	15:20	4:43	6	2:49	18	2:49	9.75	43:12	4:25	5	5:33	13	5:59
Lap 4	3.25	15:46	4:51	7	3:07	22	3:07	13.00	58:58	4:32	5	8:40	15	8:58
Lap 5	3.25	16:15	5:00	8	3:17	25	3:18	16.25	1:15:13	4:37	6	11:57	16	12:16
Lap 6	3.25	16:32	5:05	8	3:26	28	3:26	19.50	1:31:45	4:42	7	15:23	19	15:36
Lap 7	3.25	16:45	5:09	8	3:41	27	3:41	22.75	1:48:30	4:46	7	19:04	20	19:04
Lap 8	3.25	17:34	5:24	9	4:29	36	4:29	26.00	2:06:04	4:50	7	23:33	21	23:33
Lap 9	3.25	17:58	5:31	10	4:23	38	4:23	29.25	2:24:02	4:55	7	27:56	21	27:56
Lap 10	3.25	18:43	5:45	11	4:36	45	4:36	32.50	2:42:45	5:00	7	32:32	22	32:32
Lap 11	3.25	20:39	6:21	13	6:42	59	6:42	35.75	3:03:24	5:07	7	39:14	24	39:14
Lap 12	3.25	20:41	6:21	13	6:39	57	6:39	39.00	3:24:05	5:13	7	45:53	27	45:53
Last lap Finish	3.25	19:59	6:08	13	5:08	53	5:08	42.25	3:44:04	5:18	8	51:01	29	51:01