



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Reißig, Sven

Club: DLRG Leuna-Merseburg

Number: 611

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:48:33

Speed: 11.03 km/h

Running performance: 5:25 min/km

Rank in course/Total: 39 (of 119)

Rank in course/Men: 38 (of 107)

Best time in course: 2:53:03

Rank in category: 9(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	15:42	4:49	6	2:34	33	3:53	3.25	15:42	4:49	6	2:34	33	3:53
Lap 2	3.25	15:54	4:53	6	2:05	25	3:14	6.50	31:36	4:51	6	4:33	28	7:07
Lap 3	3.25	16:38	5:07	8	3:00	37	4:07	9.75	48:14	4:56	6	7:24	31	11:01
Lap 4	3.25	16:39	5:07	8	2:55	35	4:00	13.00	1:04:53	4:59	6	10:19	31	14:53
Lap 5	3.25	16:56	5:12	9	3:06	36	3:59	16.25	1:21:49	5:02	7	13:25	31	18:52
Lap 6	3.25	17:28	5:22	10	3:19	47	4:22	19.50	1:39:17	5:05	7	16:44	33	23:08
Lap 7	3.25	17:38	5:25	10	3:33	45	4:34	22.75	1:56:55	5:08	8	20:17	35	27:29
Lap 8	3.25	17:47	5:28	10	2:56	39	4:42	26.00	2:14:42	5:10	9	23:07	38	32:11
Lap 9	3.25	18:05	5:33	11	3:11	40	4:30	29.25	2:32:47	5:13	9	26:12	38	36:41
Lap 10	3.25	18:18	5:37	11	2:59	40	4:11	32.50	2:51:05	5:15	9	29:11	39	40:52
Lap 11	3.25	18:34	5:42	10	3:21	38	4:37	35.75	3:09:39	5:18	9	32:32	38	45:29
Lap 12	3.25	19:36	6:01	14	3:51	48	5:34	39.00	3:29:15	5:21	9	36:23	39	51:03
Last lap Finish	3.25	19:18	5:56	11	4:05	46	4:27	42.25	3:48:33	5:24	9	40:28	38	55:30