



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Ledig, Michael

Club: SV 1885 Teutschenthal e.V.

Number: 576

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:49:41

Speed: 10.97 km/h

Running performance: 5:26 min/km

Rank in course/Total: 42 (of 119)

Rank in course/Men: 40 (of 107)

Best time in course: 2:53:03

Rank in category: 5(of 10)

Best time in the category: 2:59:21

Intermediate times

Stage score

Total ranking

| 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 | 13:58 | 4:17 | 3 | 2:09 | 15 | 2:09 | 3.25 | 13:58 | 4:17 | 3 | 2:09 | 15 | 2:09 |
| Lap 2 | 3.25 | 14:59 | 4:36 | 3 | 2:19 | 17 | 2:19 | 6.50 | 28:57 | 4:27 | 3 | 4:28 | 17 | 4:28 |
| Lap 3 | 3.25 | 15:24 | 4:44 | 3 | 2:40 | 19 | 2:53 | 9.75 | 44:21 | 4:32 | 3 | 7:08 | 17 | 7:08 |
| Lap 4 | 3.25 | 15:25 | 4:44 | 3 | 2:38 | 18 | 2:46 | 13.00 | 59:46 | 4:35 | 3 | 9:46 | 18 | 9:46 |
| Lap 5 | 3.25 | 15:35 | 4:47 | 3 | 2:38 | 19 | 2:38 | 16.25 | 1:15:21 | 4:38 | 3 | 12:24 | 17 | 12:24 |
| Lap 6 | 3.25 | 16:09 | 4:58 | 4 | 2:57 | 20 | 3:03 | 19.50 | 1:31:30 | 4:41 | 3 | 15:21 | 17 | 15:21 |
| Lap 7 | 3.25 | 17:28 | 5:22 | 5 | 4:11 | 42 | 4:24 | 22.75 | 1:48:58 | 4:47 | 3 | 19:32 | 21 | 19:32 |
| Lap 8 | 3.25 | 18:35 | 5:43 | 8 | 5:22 | 55 | 5:30 | 26.00 | 2:07:33 | 4:54 | 4 | 24:54 | 23 | 25:02 |
| Lap 9 | 3.25 | 19:59 | 6:08 | 6 | 6:08 | 61 | 6:24 | 29.25 | 2:27:32 | 5:02 | 5 | 31:02 | 24 | 31:26 |
| Lap 10 | 3.25 | 21:08 | 6:30 | 8 | 5:33 | 72 | 7:01 | 32.50 | 2:48:40 | 5:11 | 5 | 36:16 | 30 | 38:27 |
| Lap 11 | 3.25 | 19:27 | 5:59 | 7 | 4:54 | 50 | 5:30 | 35.75 | 3:08:07 | 5:15 | 5 | 41:10 | 35 | 43:57 |
| Lap 12 | 3.25 | 20:32 | 6:19 | 7 | 4:50 | 56 | 6:30 | 39.00 | 3:28:39 | 5:21 | 5 | 46:00 | 38 | 50:27 |
| Last lap Finish | 3.25 | 21:02 | 6:28 | 7 | 4:21 | 56 | 6:11 | 42.25 | 3:49:41 | 5:26 | 5 | 50:20 | 40 | 56:38 |