



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Müller, Martin

Club: MGGW

Number: 593

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:50:29

Speed: 11.00 km/h

Running performance: 5:28 min/km

Rank in course/Total: 43 (of 119)

Rank in course/Men: 41 (of 107)

Best time in course: 2:53:03

Rank in category: 6(of 10)

Best time in the category: 2:59:21

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	15:44	4:50	5	3:55	34	3:55	3.25	15:44	4:50	5	3:55	34	3:55
Lap 2	3.25	16:00	4:55	6	3:20	28	3:20	6.50	31:44	4:52	5	7:15	31	7:15
Lap 3	3.25	16:17	5:00	6	3:33	30	3:46	9.75	48:01	4:55	6	10:48	29	10:48
Lap 4	3.25	16:45	5:09	6	3:58	38	4:06	13.00	1:04:46	4:58	6	14:46	29	14:46
Lap 5	3.25	17:01	5:14	6	4:04	40	4:04	16.25	1:21:47	5:01	6	18:50	30	18:50
Lap 6	3.25	17:42	5:26	7	4:30	54	4:36	19.50	1:39:29	5:06	6	23:20	35	23:20
Lap 7	3.25	17:41	5:26	7	4:24	46	4:37	22.75	1:57:10	5:09	6	27:44	38	27:44
Lap 8	3.25	18:27	5:40	7	5:14	52	5:22	26.00	2:15:37	5:12	6	32:58	40	33:06
Lap 9	3.25	21:00	6:27	7	7:09	77	7:25	29.25	2:36:37	5:21	7	40:07	44	40:31
Lap 10	3.25	18:50	5:47	7	3:15	46	4:43	32.50	2:55:27	5:23	7	43:03	44	45:14
Lap 11	3.25	18:31	5:41	5	3:58	35	4:34	35.75	3:13:58	5:25	7	47:01	43	49:48
Lap 12	3.25	18:35	5:43	5	2:53	28	4:33	39.00	3:32:33	5:27	7	49:54	43	54:21
Last lap Finish	3.25	17:56	5:31	4	1:15	30	3:05	42.25	3:50:29	5:27	6	51:08	41	57:26