



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Locherer, Christoph

Club: SV Birkenhard

Number: 580

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:52:11

Speed: 10.85 km/h

Running performance: 5:30 min/km

Rank in course/Total: 46 (of 119)

Rank in course/Men: 44 (of 107)

Best time in course: 2:53:03

Rank in category: 11(of 24)

Best time in the category: 3:08:05

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	15:45	4:50	7	2:37	35	3:56	3.25	15:45	4:50	7	2:37	35	3:56
Lap 2	3.25	16:18	5:00	9	2:29	37	3:38	6.50	32:03	4:55	7	5:00	35	7:34
Lap 3	3.25	18:23	5:39	16	4:45	74	5:52	9.75	50:26	5:10	11	9:36	46	13:13
Lap 4	3.25	16:54	5:11	9	3:10	41	4:15	13.00	1:07:20	5:10	11	12:46	46	17:20
Lap 5	3.25	16:44	5:08	7	2:54	32	3:47	16.25	1:24:04	5:10	10	15:40	45	21:07
Lap 6	3.25	17:12	5:17	9	3:03	42	4:06	19.50	1:41:16	5:11	10	18:43	44	25:07
Lap 7	3.25	19:15	5:55	16	5:10	74	6:11	22.75	2:00:31	5:17	10	23:53	47	31:05
Lap 8	3.25	17:38	5:25	9	2:47	37	4:33	26.00	2:18:09	5:18	10	26:34	45	35:38
Lap 9	3.25	17:55	5:30	9	3:01	37	4:20	29.25	2:36:04	5:20	10	29:29	43	39:58
Lap 10	3.25	18:05	5:33	10	2:46	37	3:58	32.50	2:54:09	5:21	10	32:15	43	43:56
Lap 11	3.25	20:30	6:18	15	5:17	58	6:33	35.75	3:14:39	5:26	10	37:32	44	50:29
Lap 12	3.25	18:40	5:44	8	2:55	32	4:38	39.00	3:33:19	5:28	10	40:27	44	55:07
Last lap Finish	3.25	18:52	5:48	10	3:39	39	4:01	42.25	3:52:11	5:29	11	44:06	44	59:08