



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Dörr, Thomas

Club: Grafschaft

Number: 523

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:53:30

Speed: 10.79 km/h

Running performance: 5:32 min/km

Rank in course/Total: 48 (of 119)

Rank in course/Men: 46 (of 107)

Best time in course: 2:53:03

Rank in category: 11(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	16:51	5:11	13	4:45	52	5:02	3.25	16:51	5:11	13	4:45	52	5:02
Lap 2	3.25	18:08	5:34	17	5:23	68	5:28	6.50	34:59	5:22	16	10:06	63	10:30
Lap 3	3.25	18:05	5:33	17	5:34	62	5:34	9.75	53:04	5:26	17	15:25	64	15:51
Lap 4	3.25	18:37	5:43	19	5:58	74	5:58	13.00	1:11:41	5:30	17	21:23	66	21:41
Lap 5	3.25	18:09	5:35	15	5:11	66	5:12	16.25	1:29:50	5:31	16	26:34	65	26:53
Lap 6	3.25	17:26	5:21	12	4:20	45	4:20	19.50	1:47:16	5:30	16	30:54	63	31:07
Lap 7	3.25	17:20	5:19	11	4:16	38	4:16	22.75	2:04:36	5:28	15	35:10	58	35:10
Lap 8	3.25	18:31	5:41	13	5:26	54	5:26	26.00	2:23:07	5:30	15	40:36	59	40:36
Lap 9	3.25	17:04	5:15	8	3:29	23	3:29	29.25	2:40:11	5:28	12	44:05	52	44:05
Lap 10	3.25	17:45	5:27	8	3:38	31	3:38	32.50	2:57:56	5:28	11	47:43	47	47:43
Lap 11	3.25	17:09	5:16	6	3:12	17	3:12	35.75	3:15:05	5:27	11	50:55	46	50:55
Lap 12	3.25	19:19	5:56	10	5:17	43	5:17	39.00	3:34:24	5:29	11	56:12	46	56:12
Last lap Finish	3.25	19:06	5:52	10	4:15	44	4:15	42.25	3:53:30	5:31	11	1:00:27	46	1:00:27