



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Gebes, Norbert**

Club: Co Willi Co

Number: 535

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:55:56

Speed: 10.68 km/h

Running performance: 5:35 min/km

Rank in course/Total: 51 (of 119)

Rank in course/Men: 49 (of 107)

Best time in course: 2:53:03

Rank in category: 4(of 10)

Best time in the category: 3:23:54

### 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	17:11	5:17	5	3:31	60	5:22	3.25	17:11	5:17	5	3:31	60	5:22
Lap 2	3.25	17:34	5:24	5	2:50	59	4:54	6.50	34:45	5:20	5	6:20	59	10:16
Lap 3	3.25	17:23	5:20	5	2:50	49	4:52	9.75	52:08	5:20	5	8:50	56	14:55
Lap 4	3.25	17:50	5:29	5	3:28	58	5:11	13.00	1:09:58	5:22	5	12:18	58	19:58
Lap 5	3.25	17:59	5:31	5	3:45	61	5:02	16.25	1:27:57	5:24	5	16:03	56	25:00
Lap 6	3.25	17:51	5:29	4	3:11	57	4:45	19.50	1:45:48	5:25	5	19:14	57	29:39
Lap 7	3.25	18:14	5:36	4	3:32	56	5:10	22.75	2:04:02	5:27	5	22:46	57	34:36
Lap 8	3.25	18:39	5:44	4	3:33	56	5:34	26.00	2:22:41	5:29	5	26:19	57	40:10
Lap 9	3.25	18:44	5:45	4	3:34	50	5:09	29.25	2:41:25	5:31	5	29:53	55	45:19
Lap 10	3.25	18:51	5:48	3	2:30	47	4:44	32.50	3:00:16	5:32	5	32:23	53	50:03
Lap 11	3.25	18:31	5:41	2	0:22	35	4:34	35.75	3:18:47	5:33	4	32:45	49	54:37
Lap 12	3.25	18:32	5:42	1	-	26	4:30	39.00	3:37:19	5:34	4	32:23	49	59:07
Last lap Finish	3.25	18:37	5:43	2	0:56	36	3:46	42.25	3:55:56	5:35	4	32:02	49	1:02:53