



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Höppe, Markus

Club: Altena

Number: 551

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 3:56:20

Speed: 10.66 km/h

Running performance: 5:35 min/km

Rank in course/Total: 52 (of 119)

Rank in course/Men: 50 (of 107)

Best time in course: 2:53:03

Rank in category: 3(of 6)

Best time in the category: 3:28:30

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	18:25	5:40	5	3:00	77	6:36	3.25	18:25	5:40	5	3:00	77	6:36
Lap 2	3.25	17:45	5:27	4	2:35	63	5:05	6.50	36:10	5:33	4	5:35	67	11:41
Lap 3	3.25	17:30	5:23	3	2:32	53	4:59	9.75	53:40	5:30	4	8:07	66	16:27
Lap 4	3.25	17:15	5:18	3	2:01	50	4:36	13.00	1:10:55	5:27	4	10:08	63	20:55
Lap 5	3.25	17:26	5:21	5	2:16	51	4:29	16.25	1:28:21	5:26	4	12:24	61	25:24
Lap 6	3.25	17:40	5:26	5	2:29	51	4:34	19.50	1:46:01	5:26	4	14:53	58	29:52
Lap 7	3.25	19:04	5:51	5	3:29	69	6:00	22.75	2:05:05	5:29	5	18:22	60	35:39
Lap 8	3.25	19:20	5:56	4	3:08	64	6:15	26.00	2:24:25	5:33	5	21:30	60	41:54
Lap 9	3.25	18:14	5:36	2	1:43	42	4:39	29.25	2:42:39	5:33	5	23:13	60	46:33
Lap 10	3.25	18:17	5:37	2	0:48	39	4:10	32.50	3:00:56	5:34	4	24:01	54	50:43
Lap 11	3.25	18:41	5:44	3	0:58	41	4:44	35.75	3:19:37	5:35	4	24:59	52	55:27
Lap 12	3.25	18:48	5:47	2	2:13	37	4:46	39.00	3:38:25	5:36	3	27:12	50	1:00:13
Last lap Finish	3.25	17:55	5:30	3	0:38	29	3:04	42.25	3:56:20	5:35	3	27:50	50	1:03:17