



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Resch, Henry

Club: Siebenlehn

Number: 612

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 3:54:42

Speed: 10.74 km/h

Running performance: 5:34 min/km

Rank in course/Total: 50 (of 119)

Rank in course/Men: 48 (of 107)

Best time in course: 2:53:03

Rank in category: 1(of 6)

Best time in the category: 3:54:42

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	16:45	5:09	1	-	51	4:56	3.25	16:45	5:09	1	-	51	4:56
Lap 2	3.25	16:57	5:12	1	-	49	4:17	6.50	33:42	5:11	1	-	49	9:13
Lap 3	3.25	17:32	5:23	1	-	56	5:01	9.75	51:14	5:15	1	-	50	14:01
Lap 4	3.25	17:40	5:26	1	-	56	5:01	13.00	1:08:54	5:18	1	-	49	18:54
Lap 5	3.25	17:30	5:23	1	-	52	4:33	16.25	1:26:24	5:19	1	-	49	23:27
Lap 6	3.25	17:43	5:27	1	-	56	4:37	19.50	1:44:07	5:20	1	-	51	27:58
Lap 7	3.25	17:50	5:29	1	-	48	4:46	22.75	2:01:57	5:21	1	-	50	32:31
Lap 8	3.25	18:07	5:34	1	-	45	5:02	26.00	2:20:04	5:23	1	-	48	37:33
Lap 9	3.25	19:01	5:51	1	-	54	5:26	29.25	2:39:05	5:26	1	-	50	42:59
Lap 10	3.25	18:22	5:39	1	-	42	4:15	32.50	2:57:27	5:27	1	-	46	47:14
Lap 11	3.25	18:36	5:43	1	-	39	4:39	35.75	3:16:03	5:29	1	-	47	51:53
Lap 12	3.25	19:19	5:56	1	-	43	5:17	39.00	3:35:22	5:31	1	-	47	57:10
Last lap Finish	3.25	19:20	5:56	1	-	47	4:29	42.25	3:54:42	5:33	1	-	48	1:01:39