



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Süß, Robert

Club: Barnstädt

Number: 639

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 4:03:16

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 55 (of 119)

Rank in course/Men: 53 (of 107)

Best time in course: 2:53:03

Rank in category: 5(of 6)

Best time in the category: 3:28:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	15:38	4:48	3	0:13	32	3:49	3.25	15:38	4:48	3	0:13	32	3:49
Lap 2	3.25	17:16	5:18	3	2:06	52	4:36	6.50	32:54	5:03	3	2:19	45	8:25
Lap 3	3.25	19:05	5:52	6	4:07	82	6:34	9.75	51:59	5:19	3	6:26	53	14:46
Lap 4	3.25	18:30	5:41	5	3:16	72	5:51	13.00	1:10:29	5:25	3	9:42	60	20:29
Lap 5	3.25	17:30	5:23	6	2:20	52	4:33	16.25	1:27:59	5:24	3	12:02	57	25:02
Lap 6	3.25	17:33	5:24	4	2:22	49	4:27	19.50	1:45:32	5:24	3	14:24	56	29:23
Lap 7	3.25	17:43	5:27	3	2:08	47	4:39	22.75	2:03:15	5:25	3	16:32	55	33:49
Lap 8	3.25	19:24	5:58	5	3:12	65	6:19	26.00	2:22:39	5:29	4	19:44	56	40:08
Lap 9	3.25	19:53	6:07	5	3:22	60	6:18	29.25	2:42:32	5:33	4	23:06	59	46:26
Lap 10	3.25	21:02	6:28	5	3:33	71	6:55	32.50	3:03:34	5:38	5	26:39	59	53:21
Lap 11	3.25	21:00	6:27	5	3:17	62	7:03	35.75	3:24:34	5:43	5	29:56	58	1:00:24
Lap 12	3.25	19:55	6:07	4	3:20	53	5:53	39.00	3:44:29	5:45	5	33:16	59	1:06:17
Last lap Finish	3.25	18:47	5:46	4	1:30	38	3:56	42.25	4:03:16	5:45	5	34:46	53	1:10:13