



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Scharfenberg, Jörg**

Club: Barchfeld

Number: 620

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:03:48

Speed: 10.34 km/h

Running performance: 5:46 min/km

Rank in course/Total: 58 (of 119)

Rank in course/Men: 55 (of 107)

Best time in course: 2:53:03

Rank in category: 13(of 24)

Best time in the category: 3:08:05

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	18:09	5:35	18	5:01	72	6:20	3.25	18:09	5:35	18	5:01	72	6:20
Lap 2	3.25	18:48	5:47	18	4:59	80	6:08	6.50	36:57	5:41	18	9:54	76	12:28
Lap 3	3.25	18:22	5:39	14	4:44	72	5:51	9.75	55:19	5:40	17	14:29	73	18:06
Lap 4	3.25	18:20	5:38	16	4:36	69	5:41	13.00	1:13:39	5:39	16	19:05	71	23:39
Lap 5	3.25	18:12	5:35	13	4:22	67	5:15	16.25	1:31:51	5:39	16	23:27	73	28:54
Lap 6	3.25	18:17	5:37	12	4:08	60	5:11	19.50	1:50:08	5:38	15	27:35	72	33:59
Lap 7	3.25	18:14	5:36	12	4:09	56	5:10	22.75	2:08:22	5:38	15	31:44	68	38:56
Lap 8	3.25	18:29	5:41	13	3:38	53	5:24	26.00	2:26:51	5:38	14	35:16	64	44:20
Lap 9	3.25	18:49	5:47	14	3:55	51	5:14	29.25	2:45:40	5:39	13	39:05	63	49:34
Lap 10	3.25	19:31	6:00	14	4:12	57	5:24	32.50	3:05:11	5:41	13	43:17	62	54:58
Lap 11	3.25	19:46	6:04	13	4:33	53	5:49	35.75	3:24:57	5:43	13	47:50	60	1:00:47
Lap 12	3.25	19:21	5:57	13	3:36	45	5:19	39.00	3:44:18	5:45	13	51:26	57	1:06:06
Last lap Finish	3.25	19:30	6:00	12	4:17	48	4:39	42.25	4:03:48	5:46	13	55:43	55	1:10:45