



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Müller, Frank

Club: Alpengrosser

Number: 592

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:04:19

Speed: 10.31 km/h

Running performance: 5:47 min/km

Rank in course/Total: 59 (of 119)

Rank in course/Men: 56 (of 107)

Best time in course: 2:53:03

Rank in category: 4(of 9)

Best time in the category: 3:07:39

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 | 19:19 | 5:56 | 8 | 6:55 | 93 | 7:30 | 3.25 | 19:19 | 5:56 | 8 | 6:55 | 93 | 7:30 |
| Lap 2 | 3.25 | 19:15 | 5:55 | 9 | 5:58 | 88 | 6:35 | 6.50 | 38:34 | 5:56 | 8 | 12:53 | 91 | 14:05 |
| Lap 3 | 3.25 | 18:18 | 5:37 | 7 | 4:37 | 70 | 5:47 | 9.75 | 56:52 | 5:49 | 8 | 17:30 | 85 | 19:39 |
| Lap 4 | 3.25 | 18:18 | 5:37 | 7 | 4:30 | 68 | 5:39 | 13.00 | 1:15:10 | 5:46 | 7 | 21:57 | 80 | 25:10 |
| Lap 5 | 3.25 | 17:14 | 5:18 | 4 | 3:05 | 45 | 4:17 | 16.25 | 1:32:24 | 5:41 | 7 | 25:02 | 76 | 29:27 |
| Lap 6 | 3.25 | 17:20 | 5:19 | 4 | 3:11 | 43 | 4:14 | 19.50 | 1:49:44 | 5:37 | 6 | 28:04 | 68 | 33:35 |
| Lap 7 | 3.25 | 17:52 | 5:29 | 4 | 3:29 | 49 | 4:48 | 22.75 | 2:07:36 | 5:36 | 6 | 31:24 | 67 | 38:10 |
| Lap 8 | 3.25 | 20:09 | 6:11 | 8 | 5:37 | 76 | 7:04 | 26.00 | 2:27:45 | 5:40 | 7 | 36:33 | 70 | 45:14 |
| Lap 9 | 3.25 | 17:51 | 5:29 | 4 | 3:16 | 36 | 4:16 | 29.25 | 2:45:36 | 5:39 | 6 | 39:29 | 62 | 49:30 |
| Lap 10 | 3.25 | 18:37 | 5:43 | 5 | 3:27 | 44 | 4:30 | 32.50 | 3:04:13 | 5:40 | 5 | 42:56 | 60 | 54:00 |
| Lap 11 | 3.25 | 20:27 | 6:17 | 5 | 4:35 | 57 | 6:30 | 35.75 | 3:24:40 | 5:43 | 4 | 47:31 | 59 | 1:00:30 |
| Lap 12 | 3.25 | 19:43 | 6:03 | 5 | 4:36 | 50 | 5:41 | 39.00 | 3:44:23 | 5:45 | 4 | 52:07 | 58 | 1:06:11 |
| Last lap Finish | 3.25 | 19:56 | 6:08 | 5 | 4:33 | 52 | 5:05 | 42.25 | 4:04:19 | 5:46 | 4 | 56:40 | 56 | 1:11:16 |