



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Bock, Oliver

Club: Kaisheim

Number: 509

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:06:29

Speed: 10.22 km/h

Running performance: 5:50 min/km

Rank in course/Total: 62 (of 119)

Rank in course/Men: 58 (of 107)

Best time in course: 2:53:03

Rank in category: 14(of 24)

Best time in the category: 2:53:03

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Lap 1	3.25	15:21	4:43	9	3:15	28	3:32	3.25	15:21	4:43	9	3:15	28	3:32
Lap 2	3.25	16:16	5:00	9	3:31	35	3:36	6.50	31:37	4:51	9	6:44	29	7:08
Lap 3	3.25	16:43	5:08	12	4:12	41	4:12	9.75	48:20	4:57	9	10:41	32	11:07
Lap 4	3.25	17:13	5:17	12	4:34	48	4:34	13.00	1:05:33	5:02	10	15:15	38	15:33
Lap 5	3.25	17:25	5:21	12	4:27	48	4:28	16.25	1:22:58	5:06	11	19:42	40	20:01
Lap 6	3.25	17:58	5:31	14	4:52	58	4:52	19.50	1:40:56	5:10	11	24:34	43	24:47
Lap 7	3.25	18:23	5:39	15	5:19	58	5:19	22.75	1:59:19	5:14	11	29:53	43	29:53
Lap 8	3.25	19:07	5:52	16	6:02	60	6:02	26.00	2:18:26	5:19	11	35:55	46	35:55
Lap 9	3.25	20:00	6:09	16	6:25	62	6:25	29.25	2:38:26	5:24	11	42:20	45	42:20
Lap 10	3.25	20:39	6:21	15	6:32	64	6:32	32.50	2:59:05	5:30	12	48:52	50	48:52
Lap 11	3.25	21:24	6:35	15	7:27	66	7:27	35.75	3:20:29	5:36	12	56:19	53	56:19
Lap 12	3.25	21:49	6:42	15	7:47	63	7:47	39.00	3:42:18	5:42	12	1:04:06	53	1:04:06
Last lap Finish	3.25	24:11	7:26	22	9:20	91	9:20	42.25	4:06:29	5:50	14	1:13:26	58	1:13:26