



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kister, Marco

Club: TriTraUlala

Number: 561

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:10:21

Speed: 10.07 km/h

Running performance: 5:56 min/km

Rank in course/Total: 67 (of 119)

Rank in course/Men: 62 (of 107)

Best time in course: 2:53:03

Rank in category: 5(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	14:48	4:33	4	2:24	21	2:59	3.25	14:48	4:33	4	2:24	21	2:59
Lap 2	3.25	16:32	5:05	5	3:15	41	3:52	6.50	31:20	4:49	4	5:39	25	6:51
Lap 3	3.25	16:53	5:11	5	3:12	45	4:22	9.75	48:13	4:56	5	8:51	30	11:00
Lap 4	3.25	17:24	5:21	5	3:36	53	4:45	13.00	1:05:37	5:02	5	12:24	39	15:37
Lap 5	3.25	17:31	5:23	5	3:22	54	4:34	16.25	1:23:08	5:06	5	15:46	41	20:11
Lap 6	3.25	18:39	5:44	7	4:30	68	5:33	19.50	1:41:47	5:13	5	20:07	45	25:38
Lap 7	3.25	18:50	5:47	7	4:27	67	5:46	22.75	2:00:37	5:18	5	24:25	48	31:11
Lap 8	3.25	19:40	6:03	5	5:08	66	6:35	26.00	2:20:17	5:23	5	29:05	50	37:46
Lap 9	3.25	22:12	6:49	9	7:37	95	8:37	29.25	2:42:29	5:33	5	36:22	58	46:23
Lap 10	3.25	22:18	6:51	8	7:08	84	8:11	32.50	3:04:47	5:41	6	43:30	61	54:34
Lap 11	3.25	21:27	6:35	7	5:35	70	7:30	35.75	3:26:14	5:46	5	49:05	62	1:02:04
Lap 12	3.25	22:09	6:48	6	7:02	70	8:07	39.00	3:48:23	5:51	5	56:07	62	1:10:11
Last lap Finish	3.25	21:58	6:45	6	6:35	64	7:07	42.25	4:10:21	5:55	5	1:02:42	62	1:17:18