



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Nyrhinen, Feetu

Club: Bremen

Number: 596

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:12:19

Speed: 9.99 km/h

Running performance: 5:58 min/km

Rank in course/Total: 71 (of 119)

Rank in course/Men: 64 (of 107)

Best time in course: 2:53:03

Rank in category: 17(of 24)

Best time in the category: 2:53:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	19:10	5:53	21	7:04	89	7:21	3.25	19:10	5:53	21	7:04	89	7:21
Lap 2	3.25	18:21	5:38	18	5:36	71	5:41	6.50	37:31	5:46	21	12:38	81	13:02
Lap 3	3.25	18:07	5:34	18	5:36	65	5:36	9.75	55:38	5:42	19	17:59	76	18:25
Lap 4	3.25	18:05	5:33	15	5:26	62	5:26	13.00	1:13:43	5:40	19	23:25	72	23:43
Lap 5	3.25	18:01	5:32	14	5:03	62	5:04	16.25	1:31:44	5:38	18	28:28	69	28:47
Lap 6	3.25	18:23	5:39	15	5:17	63	5:17	19.50	1:50:07	5:38	17	33:45	70	33:58
Lap 7	3.25	18:28	5:40	16	5:24	59	5:24	22.75	2:08:35	5:39	17	39:09	69	39:09
Lap 8	3.25	18:25	5:40	12	5:20	48	5:20	26.00	2:27:00	5:39	16	44:29	65	44:29
Lap 9	3.25	19:10	5:53	14	5:35	56	5:35	29.25	2:46:10	5:40	16	50:04	65	50:04
Lap 10	3.25	19:48	6:05	13	5:41	60	5:41	32.50	3:05:58	5:43	17	55:45	65	55:45
Lap 11	3.25	21:24	6:35	15	7:27	66	7:27	35.75	3:27:22	5:48	17	1:03:12	65	1:03:12
Lap 12	3.25	22:29	6:55	20	8:27	75	8:27	39.00	3:49:51	5:53	17	1:11:39	64	1:11:39
Last lap Finish	3.25	22:28	6:54	17	7:37	70	7:37	42.25	4:12:19	5:58	17	1:19:16	64	1:19:16