



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Trambo, Uwe

Club: Peewee

Number: 643

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:16:53

Speed: 9.81 km/h

Running performance: 6:05 min/km

Rank in course/Total: 76 (of 119)

Rank in course/Men: 70 (of 107)

Best time in course: 2:53:03

Rank in category: 7(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	20:14	6:13	9	7:50	98	8:25	3.25	20:14	6:13	9	7:50	98	8:25
Lap 2	3.25	18:53	5:48	7	5:36	82	6:13	6.50	39:07	6:01	9	13:26	94	14:38
Lap 3	3.25	18:36	5:43	8	4:55	76	6:05	9.75	57:43	5:55	9	18:21	89	20:30
Lap 4	3.25	19:54	6:07	9	6:06	87	7:15	13.00	1:17:37	5:58	9	24:24	89	27:37
Lap 5	3.25	20:23	6:16	9	6:14	88	7:26	16.25	1:38:00	6:01	9	30:38	88	35:03
Lap 6	3.25	21:32	6:37	9	7:23	95	8:26	19.50	1:59:32	6:07	9	37:52	89	43:23
Lap 7	3.25	21:06	6:29	9	6:43	91	8:02	22.75	2:20:38	6:10	9	44:26	89	51:12
Lap 8	3.25	20:02	6:09	6	5:30	72	6:57	26.00	2:40:40	6:10	9	49:28	87	58:09
Lap 9	3.25	20:47	6:23	6	6:12	75	7:12	29.25	3:01:27	6:12	9	55:20	85	1:05:21
Lap 10	3.25	18:26	5:40	4	3:16	43	4:19	32.50	3:19:53	6:09	9	58:36	85	1:09:40
Lap 11	3.25	19:18	5:56	4	3:26	47	5:21	35.75	3:39:11	6:07	8	1:02:02	79	1:15:01
Lap 12	3.25	18:37	5:43	4	3:30	29	4:35	39.00	3:57:48	6:05	8	1:05:32	74	1:19:36
Last lap Finish	3.25	19:05	5:52	4	3:42	43	4:14	42.25	4:16:53	6:04	7	1:09:14	70	1:23:50