



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Haase, Falko

Club: 100 Marathon Club

Number: 538

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:18:49

Speed: 9.74 km/h

Running performance: 6:08 min/km

Rank in course/Total: 80 (of 119)

Rank in course/Men: 74 (of 107)

Best time in course: 2:53:03

Rank in category: 18(of 24)

Best time in the category: 3:08:05

Intermediate times				Stage score				Total ranking						
Control	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	18:45	5:46	21	5:37	86	6:56	3.25	18:45	5:46	21	5:37	86	6:56
Lap 2	3.25	20:40	6:21	23	6:51	100	8:00	6.50	39:25	6:03	22	12:22	96	14:56
Lap 3	3.25	21:11	6:31	24	7:33	102	8:40	9.75	1:00:36	6:12	22	19:46	97	23:23
Lap 4	3.25	20:57	6:26	22	7:13	98	8:18	13.00	1:21:33	6:16	22	26:59	97	31:33
Lap 5	3.25	21:12	6:31	22	7:22	97	8:15	16.25	1:42:45	6:19	23	34:21	100	39:48
Lap 6	3.25	20:29	6:18	22	6:20	89	7:23	19.50	2:03:14	6:19	22	40:41	96	47:05
Lap 7	3.25	20:43	6:22	21	6:38	88	7:39	22.75	2:23:57	6:19	22	47:19	94	54:31
Lap 8	3.25	21:21	6:34	23	6:30	91	8:16	26.00	2:45:18	6:21	22	53:43	94	1:02:47
Lap 9	3.25	20:23	6:16	18	5:29	68	6:48	29.25	3:05:41	6:20	23	59:06	94	1:09:35
Lap 10	3.25	19:33	6:00	15	4:14	58	5:26	32.50	3:25:14	6:18	21	1:03:20	87	1:15:01
Lap 11	3.25	18:50	5:47	11	3:37	42	4:53	35.75	3:44:04	6:16	20	1:06:57	86	1:19:54
Lap 12	3.25	18:34	5:42	7	2:49	27	4:32	39.00	4:02:38	6:13	18	1:09:46	79	1:24:26
Last lap Finish	3.25	16:11	4:58	4	0:58	12	1:20	42.25	4:18:49	6:07	18	1:10:44	74	1:25:46