



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Körner, Jens

Club: Team Erdinger Alkoholfrei

Number: 565

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:20:12

Speed: 9.68 km/h

Running performance: 6:10 min/km

Rank in course/Total: 81 (of 119)

Rank in course/Men: 75 (of 107)

Best time in course: 2:53:03

Rank in category: 19(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:53	5:11	14	4:47	54	5:04	3.25	16:53	5:11	14	4:47	54	5:04
Lap 2	3.25	18:02	5:32	16	5:17	65	5:22	6.50	34:55	5:22	15	10:02	61	10:26
Lap 3	3.25	18:00	5:32	16	5:29	61	5:29	9.75	52:55	5:25	16	15:16	62	15:42
Lap 4	3.25	18:35	5:43	18	5:56	73	5:56	13.00	1:11:30	5:30	16	21:12	65	21:30
Lap 5	3.25	18:46	5:46	18	5:48	74	5:49	16.25	1:30:16	5:33	17	27:00	67	27:19
Lap 6	3.25	20:08	6:11	20	7:02	86	7:02	19.50	1:50:24	5:39	18	34:02	73	34:15
Lap 7	3.25	18:47	5:46	17	5:43	63	5:43	22.75	2:09:11	5:40	18	39:45	72	39:45
Lap 8	3.25	20:33	6:19	19	7:28	82	7:28	26.00	2:29:44	5:45	19	47:13	74	47:13
Lap 9	3.25	21:53	6:44	21	8:18	90	8:18	29.25	2:51:37	5:52	19	55:31	76	55:31
Lap 10	3.25	23:26	7:12	21	9:19	94	9:19	32.50	3:15:03	6:00	18	1:04:50	77	1:04:50
Lap 11	3.25	22:48	7:00	19	8:51	83	8:51	35.75	3:37:51	6:05	19	1:13:41	76	1:13:41
Lap 12	3.25	22:07	6:48	18	8:05	68	8:05	39.00	3:59:58	6:09	19	1:21:46	77	1:21:46
Last lap Finish	3.25	20:14	6:13	14	5:23	54	5:23	42.25	4:20:12	6:09	19	1:27:09	75	1:27:09