



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Schäfer, Sven

Club: illingen

Number: 619

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 4:24:10

Speed: 9.54 km/h

Running performance: 6:15 min/km

Rank in course/Total: 86 (of 119)

Rank in course/Men: 79 (of 107)

Best time in course: 2:53:03

Rank in category: 9(of 10)

Best time in the category: 2:59:21

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	16:51	5:11	8	5:02	52	5:02	3.25	16:51	5:11	8	5:02	52	5:02
Lap 2	3.25	18:07	5:34	8	5:27	67	5:27	6.50	34:58	5:22	8	10:29	62	10:29
Lap 3	3.25	18:06	5:34	8	5:22	63	5:35	9.75	53:04	5:26	8	15:51	64	15:51
Lap 4	3.25	17:38	5:25	8	4:51	55	4:59	13.00	1:10:42	5:26	8	20:42	62	20:42
Lap 5	3.25	18:08	5:34	9	5:11	65	5:11	16.25	1:28:50	5:28	8	25:53	63	25:53
Lap 6	3.25	18:53	5:48	9	5:41	72	5:47	19.50	1:47:43	5:31	8	31:34	64	31:34
Lap 7	3.25	19:51	6:06	10	6:34	82	6:47	22.75	2:07:34	5:36	8	38:08	66	38:08
Lap 8	3.25	21:11	6:31	10	7:58	87	8:06	26.00	2:28:45	5:43	9	46:06	71	46:14
Lap 9	3.25	22:03	6:47	10	8:12	91	8:28	29.25	2:50:48	5:50	9	54:18	72	54:42
Lap 10	3.25	23:43	7:17	10	8:08	96	9:36	32.50	3:14:31	5:59	9	1:02:07	75	1:04:18
Lap 11	3.25	23:41	7:17	9	9:08	90	9:44	35.75	3:38:12	6:06	9	1:11:15	77	1:14:02
Lap 12	3.25	23:45	7:18	9	8:03	89	9:43	39.00	4:01:57	6:12	9	1:19:18	78	1:23:45
Last lap Finish	3.25	22:13	6:50	8	5:32	67	7:22	42.25	4:24:10	6:15	9	1:24:49	79	1:31:07