



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Weßeler, Markus

Club: Vorwärts Köln

Number: 654

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:27:33

Speed: 9.42 km/h

Running performance: 6:20 min/km

Rank in course/Total: 87 (of 119)

Rank in course/Men: 80 (of 107)

Best time in course: 2:53:03

Rank in category: 19(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	18:32	5:42	20	5:24	79	6:43	3.25	18:32	5:42	20	5:24	79	6:43
Lap 2	3.25	18:47	5:46	17	4:58	79	6:07	6.50	37:19	5:44	19	10:16	79	12:50
Lap 3	3.25	20:14	6:13	20	6:36	93	7:43	9.75	57:33	5:54	19	16:43	86	20:20
Lap 4	3.25	19:09	5:53	18	5:25	82	6:30	13.00	1:16:42	5:54	19	22:08	84	26:42
Lap 5	3.25	20:08	6:11	20	6:18	86	7:11	16.25	1:36:50	5:57	19	28:26	84	33:53
Lap 6	3.25	19:16	5:55	18	5:07	80	6:10	19.50	1:56:06	5:57	19	33:33	83	39:57
Lap 7	3.25	20:19	6:15	20	6:14	85	7:15	22.75	2:16:25	5:59	19	39:47	83	46:59
Lap 8	3.25	21:19	6:33	22	6:28	88	8:14	26.00	2:37:44	6:03	19	46:09	84	55:13
Lap 9	3.25	20:12	6:12	15	5:18	65	6:37	29.25	2:57:56	6:04	19	51:21	83	1:01:50
Lap 10	3.25	21:12	6:31	19	5:53	73	7:05	32.50	3:19:08	6:07	19	57:14	83	1:08:55
Lap 11	3.25	21:19	6:33	18	6:06	65	7:22	35.75	3:40:27	6:09	18	1:03:20	80	1:16:17
Lap 12	3.25	23:05	7:06	21	7:20	83	9:03	39.00	4:03:32	6:14	19	1:10:40	81	1:25:20
Last lap Finish	3.25	24:01	7:23	24	8:48	90	9:10	42.25	4:27:33	6:19	19	1:19:28	80	1:34:30