



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Reinhard-Miltz, Gerhard

Club: 100 Marathon Club

Number: 610

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:28:21

Speed: 9.39 km/h

Running performance: 6:21 min/km

Rank in course/Total: 88 (of 119)

Rank in course/Men: 81 (of 107)

Best time in course: 2:53:03

Rank in category: 2(of 6)

Best time in the category: 3:54:42

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	18:42	5:45	2	1:57	84	6:53	3.25	18:42	5:45	2	1:57	84	6:53
Lap 2	3.25	19:50	6:06	2	2:53	94	7:10	6.50	38:32	5:55	2	4:50	89	14:03
Lap 3	3.25	20:20	6:15	2	2:48	94	7:49	9.75	58:52	6:02	2	7:38	92	21:39
Lap 4	3.25	20:45	6:23	2	3:05	96	8:06	13.00	1:19:37	6:07	2	10:43	93	29:37
Lap 5	3.25	20:35	6:19	2	3:05	93	7:38	16.25	1:40:12	6:09	2	13:48	91	37:15
Lap 6	3.25	18:42	5:45	2	0:59	69	5:36	19.50	1:58:54	6:05	2	14:47	88	42:45
Lap 7	3.25	18:52	5:48	2	1:02	68	5:48	22.75	2:17:46	6:03	2	15:49	85	48:20
Lap 8	3.25	19:47	6:05	2	1:40	69	6:42	26.00	2:37:33	6:03	2	17:29	83	55:02
Lap 9	3.25	20:40	6:21	2	1:39	74	7:05	29.25	2:58:13	6:05	2	19:08	84	1:02:07
Lap 10	3.25	21:37	6:39	2	3:15	75	7:30	32.50	3:19:50	6:08	2	22:23	84	1:09:37
Lap 11	3.25	22:23	6:53	3	3:47	81	8:26	35.75	3:42:13	6:12	2	26:10	85	1:18:03
Lap 12	3.25	22:30	6:55	3	3:11	78	8:28	39.00	4:04:43	6:16	2	29:21	82	1:26:31
Last lap Finish	3.25	23:38	7:16	3	4:18	83	8:47	42.25	4:28:21	6:21	2	33:39	81	1:35:18