



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Schultheis, Frank**

Club: TuS Horhausen

Number: 629

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:28:47

Speed: 9.38 km/h

Running performance: 6:22 min/km

Rank in course/Total: 91 (of 119)

Rank in course/Men: 84 (of 107)

Best time in course: 2:53:03

Rank in category: 20(of 24)

Best time in the category: 3:08:05

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	17:58	5:31	16	4:50	69	6:09	3.25	17:58	5:31	16	4:50	69	6:09
Lap 2	3.25	18:48	5:47	18	4:59	80	6:08	6.50	36:46	5:39	17	9:43	74	12:17
Lap 3	3.25	18:48	5:47	17	5:10	81	6:17	9.75	55:34	5:41	18	14:44	75	18:21
Lap 4	3.25	19:14	5:55	19	5:30	83	6:35	13.00	1:14:48	5:45	18	20:14	79	24:48
Lap 5	3.25	19:30	6:00	18	5:40	80	6:33	16.25	1:34:18	5:48	18	25:54	80	31:21
Lap 6	3.25	19:15	5:55	17	5:06	77	6:09	19.50	1:53:33	5:49	18	31:00	80	37:24
Lap 7	3.25	19:11	5:54	15	5:06	73	6:07	22.75	2:12:44	5:50	18	36:06	80	43:18
Lap 8	3.25	20:13	6:13	19	5:22	79	7:08	26.00	2:32:57	5:52	18	41:22	80	50:26
Lap 9	3.25	21:02	6:28	21	6:08	78	7:27	29.25	2:53:59	5:56	18	47:24	79	57:53
Lap 10	3.25	23:05	7:06	22	7:46	91	8:58	32.50	3:17:04	6:03	18	55:10	82	1:06:51
Lap 11	3.25	23:48	7:19	24	8:35	92	9:51	35.75	3:40:52	6:10	19	1:03:45	81	1:16:42
Lap 12	3.25	24:51	7:38	24	9:06	96	10:49	39.00	4:05:43	6:18	20	1:12:51	83	1:27:31
Last lap Finish	3.25	23:04	7:05	22	7:51	82	8:13	42.25	4:28:47	6:21	20	1:20:42	84	1:35:44