



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Harrandt, Manuel**

Club: Sport Fundgrube Rudolstadt  
Number: 542

Course: 42.25 km  
Marathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 4:28:32

Speed: 9.38 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 89 (of 119)

Rank in course/Men: 82 (of 107)

Best time in course: 2:53:03

Rank in category: 10(of 10)

Best time in the category: 2:59:21

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	18:34	5:42	9	6:45	81	6:45	3.25	18:34	5:42	9	6:45	81	6:45
Lap 2	3.25	19:03	5:51	10	6:23	84	6:23	6.50	37:37	5:47	10	13:08	84	13:08
Lap 3	3.25	18:37	5:43	10	5:53	77	6:06	9.75	56:14	5:46	10	19:01	81	19:01
Lap 4	3.25	18:58	5:50	10	6:11	79	6:19	13.00	1:15:12	5:47	10	25:12	81	25:12
Lap 5	3.25	19:33	6:00	10	6:36	81	6:36	16.25	1:34:45	5:49	10	31:48	81	31:48
Lap 6	3.25	18:56	5:49	10	5:44	74	5:50	19.50	1:53:41	5:49	10	37:32	81	37:32
Lap 7	3.25	19:17	5:56	9	6:00	77	6:13	22.75	2:12:58	5:50	10	43:32	82	43:32
Lap 8	3.25	20:10	6:12	9	6:57	77	7:05	26.00	2:33:08	5:53	10	50:29	82	50:37
Lap 9	3.25	21:45	6:41	8	7:54	85	8:10	29.25	2:54:53	5:58	10	58:23	81	58:47
Lap 10	3.25	22:10	6:49	9	6:35	82	8:03	32.50	3:17:03	6:03	10	1:04:39	80	1:06:50
Lap 11	3.25	24:01	7:23	10	9:28	94	10:04	35.75	3:41:04	6:11	10	1:14:07	83	1:16:54
Lap 12	3.25	24:50	7:38	10	9:08	94	10:48	39.00	4:05:54	6:18	10	1:23:15	84	1:27:42
Last lap Finish	3.25	22:38	6:57	10	5:57	75	7:47	42.25	4:28:32	6:21	10	1:29:11	82	1:35:29