



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Gülecoğlu, Devrim

Club: DEVRUN

Number: 537

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:29:09

Speed: 9.36 km/h

Running performance: 6:22 min/km

Rank in course/Total: 92 (of 119)

Rank in course/Men: 85 (of 107)

Best time in course: 2:53:03

Rank in category: 21(of 24)

Best time in the category: 3:08:05

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	18:09	5:35	18	5:01	72	6:20	3.25	18:09	5:35	18	5:01	72	6:20
Lap 2	3.25	19:57	6:08	21	6:08	95	7:17	6.50	38:06	5:51	20	11:03	87	13:37
Lap 3	3.25	20:56	6:26	23	7:18	101	8:25	9.75	59:02	6:03	21	18:12	93	21:49
Lap 4	3.25	21:12	6:31	24	7:28	101	8:33	13.00	1:20:14	6:10	21	25:40	96	30:14
Lap 5	3.25	21:29	6:36	24	7:39	102	8:32	16.25	1:41:43	6:15	21	33:19	96	38:46
Lap 6	3.25	22:50	7:01	24	8:41	105	9:44	19.50	2:04:33	6:23	23	42:00	100	48:24
Lap 7	3.25	22:50	7:01	24	8:45	102	9:46	22.75	2:27:23	6:28	23	50:45	99	57:57
Lap 8	3.25	18:25	5:40	12	3:34	48	5:20	26.00	2:45:48	6:22	23	54:13	95	1:03:17
Lap 9	3.25	18:32	5:42	12	3:38	47	4:57	29.25	3:04:20	6:18	22	57:45	90	1:08:14
Lap 10	3.25	19:14	5:55	12	3:55	52	5:07	32.50	3:23:34	6:15	20	1:01:40	86	1:13:21
Lap 11	3.25	21:38	6:39	19	6:25	73	7:41	35.75	3:45:12	6:17	21	1:08:05	87	1:21:02
Lap 12	3.25	21:33	6:37	16	5:48	61	7:31	39.00	4:06:45	6:19	21	1:13:53	86	1:28:33
Last lap Finish	3.25	22:24	6:53	19	7:11	68	7:33	42.25	4:29:09	6:22	21	1:21:04	85	1:36:06