



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Moritzen, Kai**

Club: Dreieich

Number: 587

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:29:36

Speed: 9.35 km/h

Running performance: 6:23 min/km

Rank in course/Total: 93 (of 119)

Rank in course/Men: 86 (of 107)

Best time in course: 2:53:03

Rank in category: 12(of 16)

Best time in the category: 3:11:10

| 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         | 14          | 5:11        | 79      | 6:43       | 3.25          | 18:32      | 5:42         | 14       | 5:11        | 79      | 6:43       |
| Lap 2              | 3.25     | 18:38      | 5:44         | 13          | 4:53        | 76      | 5:58       | 6.50          | 37:10      | 5:43         | 13       | 10:04       | 77      | 12:41      |
| Lap 3              | 3.25     | 18:46      | 5:46         | 12          | 4:51        | 80      | 6:15       | 9.75          | 55:56      | 5:44         | 13       | 14:55       | 80      | 18:43      |
| Lap 4              | 3.25     | 18:40      | 5:44         | 11          | 4:35        | 75      | 6:01       | 13.00         | 1:14:36    | 5:44         | 12       | 19:30       | 77      | 24:36      |
| Lap 5              | 3.25     | 18:42      | 5:45         | 12          | 4:32        | 73      | 5:45       | 16.25         | 1:33:18    | 5:44         | 12       | 24:02       | 78      | 30:21      |
| Lap 6              | 3.25     | 19:15      | 5:55         | 11          | 4:48        | 77      | 6:09       | 19.50         | 1:52:33    | 5:46         | 12       | 28:50       | 78      | 36:24      |
| Lap 7              | 3.25     | 19:39      | 6:02         | 11          | 4:54        | 80      | 6:35       | 22.75         | 2:12:12    | 5:48         | 12       | 33:44       | 78      | 42:46      |
| Lap 8              | 3.25     | 19:59      | 6:08         | 10          | 4:55        | 71      | 6:54       | 26.00         | 2:32:11    | 5:51         | 12       | 38:39       | 78      | 49:40      |
| Lap 9              | 3.25     | 20:39      | 6:21         | 12          | 5:24        | 73      | 7:04       | 29.25         | 2:52:50    | 5:54         | 12       | 44:03       | 78      | 56:44      |
| Lap 10             | 3.25     | 22:06      | 6:48         | 11          | 6:35        | 81      | 7:59       | 32.50         | 3:14:56    | 5:59         | 12       | 50:38       | 76      | 1:04:43    |
| Lap 11             | 3.25     | 23:21      | 7:11         | 13          | 7:43        | 87      | 9:24       | 35.75         | 3:38:17    | 6:06         | 12       | 58:21       | 78      | 1:14:07    |
| Lap 12             | 3.25     | 24:51      | 7:38         | 13          | 9:05        | 96      | 10:49      | 39.00         | 4:03:08    | 6:14         | 12       | 1:07:26     | 80      | 1:24:56    |
| Last lap Finish    | 3.25     | 26:28      | 8:08         | 15          | 11:00       | 101     | 11:37      | 42.25         | 4:29:36    | 6:22         | 12       | 1:18:26     | 86      | 1:36:33    |