



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Kubis, Kai**

Club: Hawk Lake Runners

Number: 572

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:33:25

Speed: 9.22 km/h

Running performance: 6:28 min/km

Rank in course/Total: 95 (of 119)

Rank in course/Men: 87 (of 107)

Best time in course: 2:53:03

Rank in category: 20(of 24)

Best time in the category: 2:53:03

Control	Intermediate times				Stage score				Total ranking					
	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	16:27	5:03	11	4:21	45	4:38	3.25	16:27	5:03	11	4:21	45	4:38
Lap 2	3.25	17:07	5:15	13	4:22	51	4:27	6.50	33:34	5:09	12	8:41	48	9:05
Lap 3	3.25	17:37	5:25	15	5:06	58	5:06	9.75	51:11	5:14	13	13:32	49	13:58
Lap 4	3.25	18:25	5:40	17	5:46	70	5:46	13.00	1:09:36	5:21	14	19:18	54	19:36
Lap 5	3.25	18:27	5:40	17	5:29	70	5:30	16.25	1:28:03	5:25	15	24:47	59	25:06
Lap 6	3.25	18:55	5:49	17	5:49	73	5:49	19.50	1:46:58	5:29	15	30:36	62	30:49
Lap 7	3.25	20:03	6:10	20	6:59	83	6:59	22.75	2:07:01	5:34	16	37:35	65	37:35
Lap 8	3.25	21:53	6:44	22	8:48	96	8:48	26.00	2:28:54	5:43	18	46:23	72	46:23
Lap 9	3.25	22:26	6:54	22	8:51	96	8:51	29.25	2:51:20	5:51	18	55:14	75	55:14
Lap 10	3.25	24:18	7:28	23	10:11	101	10:11	32.50	3:15:38	6:01	20	1:05:25	79	1:05:25
Lap 11	3.25	25:23	7:48	24	11:26	100	11:26	35.75	3:41:01	6:10	20	1:16:51	82	1:16:51
Lap 12	3.25	26:17	8:05	24	12:15	101	12:15	39.00	4:07:18	6:20	20	1:29:06	87	1:29:06
Last lap Finish	3.25	26:07	8:02	24	11:16	100	11:16	42.25	4:33:25	6:28	20	1:40:22	87	1:40:22