



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Spitzler, Olaf**

Club: Skiclub Flieden

Number: 511

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:37:06

Speed: 9.09 km/h

Running performance: 6:34 min/km

Rank in course/Total: 99 (of 119)

Rank in course/Men: 91 (of 107)

Best time in course: 2:53:03

Rank in category: 23(of 24)

Best time in the category: 3:08:05

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
Lap 1	3.25	20:28	6:17	24	7:20	103	8:39	3.25	20:28	6:17	24	7:20	103	8:39
Lap 2	3.25	20:52	6:25	24	7:03	101	8:12	6.50	41:20	6:21	24	14:17	102	16:51
Lap 3	3.25	20:47	6:23	22	7:09	100	8:16	9.75	1:02:07	6:22	24	21:17	102	24:54
Lap 4	3.25	21:08	6:30	23	7:24	99	8:29	13.00	1:23:15	6:24	24	28:41	102	33:15
Lap 5	3.25	21:22	6:34	23	7:32	99	8:25	16.25	1:44:37	6:26	24	36:13	102	41:40
Lap 6	3.25	21:28	6:36	23	7:19	94	8:22	19.50	2:06:05	6:27	24	43:32	102	49:56
Lap 7	3.25	21:22	6:34	22	7:17	93	8:18	22.75	2:27:27	6:28	24	50:49	100	58:01
Lap 8	3.25	21:08	6:30	21	6:17	86	8:03	26.00	2:48:35	6:29	24	57:00	99	1:06:04
Lap 9	3.25	21:05	6:29	22	6:11	80	7:30	29.25	3:09:40	6:29	24	1:03:05	98	1:13:34
Lap 10	3.25	21:35	6:38	20	6:16	74	7:28	32.50	3:31:15	6:30	24	1:09:21	98	1:21:02
Lap 11	3.25	21:58	6:45	20	6:45	76	8:01	35.75	3:53:13	6:31	24	1:16:06	96	1:29:03
Lap 12	3.25	22:19	6:51	19	6:34	73	8:17	39.00	4:15:32	6:33	24	1:22:40	94	1:37:20
Last lap Finish	3.25	21:34	6:38	15	6:21	58	6:43	42.25	4:37:06	6:33	23	1:29:01	91	1:44:03