



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Tomaschewski, Ulrich

Club: 100 Marathon Club

Number: 642

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 5:14:00

Speed: 8.03 km/h

Running performance: 7:26 min/km

Rank in course/Total: 116 (of 119)

Rank in course/Men: 104 (of 107)

Best time in course: 2:53:03

Rank in category: 4(of 6)

Best time in the category: 3:54:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	21:30	6:36	6	4:45	106	9:41	3.25	21:30	6:36	6	4:45	106	9:41
Lap 2	3.25	22:54	7:02	6	5:57	107	10:14	6.50	44:24	6:49	6	10:42	106	19:55
Lap 3	3.25	21:47	6:42	4	4:15	104	9:16	9.75	1:06:11	6:47	6	14:57	106	28:58
Lap 4	3.25	22:47	7:00	6	5:07	106	10:08	13.00	1:28:58	6:50	6	20:04	106	38:58
Lap 5	3.25	22:03	6:47	4	4:33	103	9:06	16.25	1:51:01	6:49	6	24:37	106	48:04
Lap 6	3.25	22:33	6:56	4	4:50	102	9:27	19.50	2:13:34	6:50	6	29:27	106	57:25
Lap 7	3.25	23:01	7:04	4	5:11	103	9:57	22.75	2:36:35	6:52	6	34:38	106	1:07:09
Lap 8	3.25	24:18	7:28	4	6:11	104	11:13	26.00	3:00:53	6:57	6	40:49	106	1:18:22
Lap 9	3.25	24:52	7:39	4	5:51	102	11:17	29.25	3:25:45	7:02	6	46:40	106	1:29:39
Lap 10	3.25	25:06	7:43	4	6:44	103	10:59	32.50	3:50:51	7:06	4	53:24	104	1:40:38
Lap 11	3.25	26:32	8:09	4	7:56	103	12:35	35.75	4:17:23	7:11	4	1:01:20	104	1:53:13
Lap 12	3.25	29:25	9:03	6	10:06	107	15:23	39.00	4:46:48	7:21	4	1:11:26	104	2:08:36
Last lap Finish	3.25	27:12	8:22	4	7:52	102	12:21	42.25	5:14:00	7:25	4	1:19:18	104	2:20:57