



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KNAPP, Matthias

Club: GutsMuths-Rennsteiglaufverein

Number: 69

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:03:38

Speed: 13.72 km/h

Running performance: 4:21 min/km

Rank in course/Total: 4 (of 110)

Rank in course/Men: 4 (of 100)

Best time in course: 2:42:44

Rank in category: 2(of 10)

Best time in the category: 2:54:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	3.25	12:12	3:45	1	-	3	0:59	3.25	12:12	3:45	1	-	3	0:59
Lap 2	3.25	13:16	4:04	2	0:36	4	1:33	6.50	25:28	3:55	1	-	3	2:32
Lap 3	3.25	13:43	4:13	2	1:11	5	1:31	9.75	39:11	4:01	2	1:09	4	4:03
Lap 4	3.25	13:44	4:13	2	1:04	5	1:12	13.00	52:55	4:04	2	2:13	4	5:15
Lap 5	3.25	13:50	4:15	2	1:04	4	1:06	16.25	1:06:45	4:06	2	3:17	4	6:21
Lap 6	3.25	13:56	4:17	2	1:09	4	1:10	19.50	1:20:41	4:08	2	4:26	4	7:21
Lap 7	3.25	14:00	4:18	2	0:52	5	1:27	22.75	1:34:41	4:09	2	5:18	4	8:48
Lap 8	3.25	14:08	4:20	2	0:49	5	1:24	26.00	1:48:49	4:11	2	6:07	4	10:12
Lap 9	3.25	14:38	4:30	2	0:41	6	1:50	29.25	2:03:27	4:13	2	6:48	4	12:02
Lap 10	3.25	15:07	4:39	2	1:04	7	2:12	32.50	2:18:34	4:15	2	7:52	4	14:14
Lap 11	3.25	15:22	4:43	2	1:04	9	2:22	35.75	2:33:56	4:18	2	8:56	4	16:36
Lap 12	3.25	15:15	4:41	2	0:48	5	2:30	39.00	2:49:11	4:20	2	9:44	4	19:06
Last lap Finish	3.25	14:27	4:26	1	-	4	1:48	42.25	3:03:38	4:20	2	9:16	4	20:54