



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HOHLS, Dominik

Club: Assel on the road!

Number: 54

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:21:30

Speed: 12.51 km/h

Running performance: 4:46 min/km

Rank in course/Total: 11 (of 110)

Rank in course/Men: 11 (of 100)

Best time in course: 2:42:44

Rank in category: 3(of 16)

Best time in the category: 2:42:44

| 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 | 15:00 | 4:36 | 5 | 3:47 | 22 | 3:47 | 3.25 | 15:00 | 4:36 | 5 | 3:47 | 22 | 3:47 |
| Lap 2 | 3.25 | 15:12 | 4:40 | 4 | 3:29 | 20 | 3:29 | 6.50 | 30:12 | 4:38 | 5 | 7:16 | 21 | 7:16 |
| Lap 3 | 3.25 | 15:36 | 4:47 | 5 | 3:24 | 22 | 3:24 | 9.75 | 45:48 | 4:41 | 5 | 10:40 | 21 | 10:40 |
| Lap 4 | 3.25 | 15:28 | 4:45 | 5 | 2:56 | 18 | 2:56 | 13.00 | 1:01:16 | 4:42 | 5 | 13:36 | 21 | 13:36 |
| Lap 5 | 3.25 | 15:34 | 4:47 | 5 | 2:50 | 17 | 2:50 | 16.25 | 1:16:50 | 4:43 | 5 | 16:26 | 19 | 16:26 |
| Lap 6 | 3.25 | 15:28 | 4:45 | 4 | 2:32 | 15 | 2:42 | 19.50 | 1:32:18 | 4:44 | 5 | 18:58 | 18 | 18:58 |
| Lap 7 | 3.25 | 15:14 | 4:41 | 4 | 2:41 | 12 | 2:41 | 22.75 | 1:47:32 | 4:43 | 5 | 21:39 | 17 | 21:39 |
| Lap 8 | 3.25 | 15:28 | 4:45 | 4 | 2:44 | 11 | 2:44 | 26.00 | 2:03:00 | 4:43 | 4 | 24:23 | 15 | 24:23 |
| Lap 9 | 3.25 | 15:23 | 4:44 | 3 | 2:35 | 8 | 2:35 | 29.25 | 2:18:23 | 4:43 | 4 | 26:58 | 14 | 26:58 |
| Lap 10 | 3.25 | 15:29 | 4:45 | 3 | 2:34 | 8 | 2:34 | 32.50 | 2:33:52 | 4:44 | 4 | 29:32 | 13 | 29:32 |
| Lap 11 | 3.25 | 16:00 | 4:55 | 3 | 3:00 | 12 | 3:00 | 35.75 | 2:49:52 | 4:45 | 4 | 32:32 | 12 | 32:32 |
| Lap 12 | 3.25 | 16:04 | 4:56 | 3 | 3:19 | 12 | 3:19 | 39.00 | 3:05:56 | 4:46 | 4 | 35:51 | 12 | 35:51 |
| Last lap Finish | 3.25 | 15:34 | 4:47 | 3 | 2:55 | 11 | 2:55 | 42.25 | 3:21:30 | 4:46 | 3 | 38:46 | 11 | 38:46 |