



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ZÖLLNER, Marcel

Club: Lt Bittermark Dortmund

Number: 150

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:28:07

Speed: 12.11 km/h

Running performance: 4:56 min/km

Rank in course/Total: 13 (of 110)

Rank in course/Men: 13 (of 100)

Best time in course: 2:42:44

Rank in category: 5(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	14:25	4:26	2	3:12	15	3:12	3.25	14:25	4:26	2	3:12	15	3:12
Lap 2	3.25	15:19	4:42	5	3:36	21	3:36	6.50	29:44	4:34	4	6:48	18	6:48
Lap 3	3.25	15:16	4:41	4	3:04	18	3:04	9.75	45:00	4:36	4	9:52	18	9:52
Lap 4	3.25	15:18	4:42	4	2:46	16	2:46	13.00	1:00:18	4:38	4	12:38	16	12:38
Lap 5	3.25	15:13	4:40	4	2:29	15	2:29	16.25	1:15:31	4:38	4	15:07	16	15:07
Lap 6	3.25	15:35	4:47	5	2:39	16	2:49	19.50	1:31:06	4:40	4	17:46	16	17:46
Lap 7	3.25	16:16	5:00	5	3:43	20	3:43	22.75	1:47:22	4:43	4	21:29	16	21:29
Lap 8	3.25	15:49	4:51	5	3:05	12	3:05	26.00	2:03:11	4:44	5	24:34	17	24:34
Lap 9	3.25	16:11	4:58	5	3:23	14	3:23	29.25	2:19:22	4:45	5	27:57	16	27:57
Lap 10	3.25	18:03	5:33	8	5:08	29	5:08	32.50	2:37:25	4:50	5	33:05	15	33:05
Lap 11	3.25	16:44	5:08	5	3:44	15	3:44	35.75	2:54:09	4:52	5	36:49	14	36:49
Lap 12	3.25	17:49	5:28	6	5:04	20	5:04	39.00	3:11:58	4:55	5	41:53	14	41:53
Last lap Finish	3.25	16:09	4:58	4	3:30	14	3:30	42.25	3:28:07	4:55	5	45:23	13	45:23