



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**PORSTNER, Crispin**

Club: Bremen

Number: 104

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:55:57

Speed: 10.68 km/h

Running performance: 5:35 min/km

Rank in course/Total: 42 (of 110)

Rank in course/Men: 40 (of 100)

Best time in course: 2:42:44

Rank in category: 6(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.	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	4	2:13	15	3:12	3.25	14:25	4:26	4	2:13	15	3:12
Lap 2	3.25	14:52	4:34	4	2:12	16	3:09	6.50	29:17	4:30	4	3:49	15	6:21
Lap 3	3.25	15:14	4:41	4	2:42	17	3:02	9.75	44:31	4:33	4	6:29	16	9:23
Lap 4	3.25	16:00	4:55	4	3:20	24	3:28	13.00	1:00:31	4:39	4	9:49	17	12:51
Lap 5	3.25	16:14	4:59	4	3:28	24	3:30	16.25	1:16:45	4:43	4	13:17	18	16:21
Lap 6	3.25	16:37	5:06	4	3:50	27	3:51	19.50	1:33:22	4:47	4	17:07	20	20:02
Lap 7	3.25	16:59	5:13	5	3:51	30	4:26	22.75	1:50:21	4:51	4	20:58	20	24:28
Lap 8	3.25	17:03	5:14	4	3:44	22	4:19	26.00	2:07:24	4:54	4	24:42	20	28:47
Lap 9	3.25	19:36	6:01	7	5:39	54	6:48	29.25	2:27:00	5:01	5	30:21	22	35:35
Lap 10	3.25	20:06	6:11	6	6:03	59	7:11	32.50	2:47:06	5:08	5	36:24	28	42:46
Lap 11	3.25	20:37	6:20	6	6:19	57	7:37	35.75	3:07:43	5:15	5	42:43	30	50:23
Lap 12	3.25	22:39	6:58	7	8:12	63	9:54	39.00	3:30:22	5:23	5	50:55	33	1:00:17
Last lap Finish	3.25	25:35	7:52	8	11:08	85	12:56	42.25	3:55:57	5:35	6	1:01:35	40	1:13:13