



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

CHOYNA, Michael

Club: Berlin

Number: 21

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:05:33

Speed: 10.26 km/h

Running performance: 5:49 min/km

Rank in course/Total: 63 (of 110)

Rank in course/Men: 58 (of 100)

Best time in course: 2:42:44

Rank in category: 11(of 16)

Best time in the category: 2:42:44

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	16:58	5:13	9	5:45	48	5:45	3.25	16:58	5:13	9	5:45	48	5:45
Lap 2	3.25	16:32	5:05	8	4:49	36	4:49	6.50	33:30	5:09	9	10:34	40	10:34
Lap 3	3.25	16:35	5:06	7	4:23	38	4:23	9.75	50:05	5:08	8	14:57	41	14:57
Lap 4	3.25	16:57	5:12	9	4:25	41	4:25	13.00	1:07:02	5:09	7	19:22	39	19:22
Lap 5	3.25	17:24	5:21	9	4:40	41	4:40	16.25	1:24:26	5:11	7	24:02	40	24:02
Lap 6	3.25	17:55	5:30	10	4:59	54	5:09	19.50	1:42:21	5:14	7	29:01	39	29:01
Lap 7	3.25	18:28	5:40	10	5:55	59	5:55	22.75	2:00:49	5:18	9	34:56	43	34:56
Lap 8	3.25	19:52	6:06	13	7:08	68	7:08	26.00	2:20:41	5:24	9	42:04	46	42:04
Lap 9	3.25	20:30	6:18	14	7:42	68	7:42	29.25	2:41:11	5:30	10	49:46	54	49:46
Lap 10	3.25	21:54	6:44	13	8:59	71	8:59	32.50	3:03:05	5:38	11	58:45	60	58:45
Lap 11	3.25	21:30	6:36	13	8:30	63	8:30	35.75	3:24:35	5:43	11	1:07:15	61	1:07:15
Lap 12	3.25	21:12	6:31	12	8:27	59	8:27	39.00	3:45:47	5:47	11	1:15:42	61	1:15:42
Last lap Finish	3.25	19:46	6:04	10	7:07	44	7:07	42.25	4:05:33	5:48	11	1:22:49	58	1:22:49