



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KISTER, Marco

Club: TriTraUlala.de

Number: 64

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:26:34

Speed: 9.45 km/h

Running performance: 6:19 min/km

Rank in course/Total: 82 (of 110)

Rank in course/Men: 76 (of 100)

Best time in course: 2:42:44

Rank in category: 15(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 | 17:03 | 5:14 | 10 | 5:20 | 52 | 5:20 | 6.50 | 32:03 | 4:55 | 7 | 9:07 | 30 | 9:07 |
| Lap 3 | 3.25 | 18:10 | 5:35 | 12 | 5:58 | 70 | 5:58 | 9.75 | 50:13 | 5:09 | 9 | 15:05 | 43 | 15:05 |
| Lap 4 | 3.25 | 18:29 | 5:41 | 11 | 5:57 | 70 | 5:57 | 13.00 | 1:08:42 | 5:17 | 11 | 21:02 | 50 | 21:02 |
| Lap 5 | 3.25 | 18:46 | 5:46 | 14 | 6:02 | 74 | 6:02 | 16.25 | 1:27:28 | 5:22 | 11 | 27:04 | 54 | 27:04 |
| Lap 6 | 3.25 | 18:27 | 5:40 | 12 | 5:31 | 66 | 5:41 | 19.50 | 1:45:55 | 5:25 | 11 | 32:35 | 54 | 32:35 |
| Lap 7 | 3.25 | 20:10 | 6:12 | 15 | 7:37 | 77 | 7:37 | 22.75 | 2:06:05 | 5:32 | 12 | 40:12 | 62 | 40:12 |
| Lap 8 | 3.25 | 20:51 | 6:24 | 15 | 8:07 | 78 | 8:07 | 26.00 | 2:26:56 | 5:39 | 12 | 48:19 | 68 | 48:19 |
| Lap 9 | 3.25 | 22:57 | 7:03 | 16 | 10:09 | 87 | 10:09 | 29.25 | 2:49:53 | 5:48 | 14 | 58:28 | 72 | 58:28 |
| Lap 10 | 3.25 | 22:39 | 6:58 | 14 | 9:44 | 79 | 9:44 | 32.50 | 3:12:32 | 5:55 | 15 | 1:08:12 | 73 | 1:08:12 |
| Lap 11 | 3.25 | 23:07 | 7:06 | 14 | 10:07 | 75 | 10:07 | 35.75 | 3:35:39 | 6:01 | 15 | 1:18:19 | 74 | 1:18:19 |
| Lap 12 | 3.25 | 24:35 | 7:33 | 15 | 11:50 | 80 | 11:50 | 39.00 | 4:00:14 | 6:09 | 15 | 1:30:09 | 74 | 1:30:09 |
| Last lap Finish | 3.25 | 26:20 | 8:06 | 16 | 13:41 | 90 | 13:41 | 42.25 | 4:26:34 | 6:18 | 15 | 1:43:50 | 76 | 1:43:50 |