



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ELBRECHT, Heinz

Club: Hillhunter-Hessen

Number: 28

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:33:56

Speed: 9.20 km/h

Running performance: 6:29 min/km

Rank in course/Total: 86 (of 110)

Rank in course/Men: 80 (of 100)

Best time in course: 2:42:44

Rank in category: 7(of 11)

Best time in the category: 3:39:49

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 19:01 | 5:51 | 9 | 3:08 | 89 | 7:48 | 3.25 | 19:01 | 5:51 | 9 | 3:08 | 89 | 7:48 |
| Lap 2 | 3.25 | 18:41 | 5:44 | 9 | 3:05 | 86 | 6:58 | 6.50 | 37:42 | 5:48 | 8 | 6:13 | 88 | 14:46 |
| Lap 3 | 3.25 | 18:32 | 5:42 | 6 | 2:40 | 76 | 6:20 | 9.75 | 56:14 | 5:46 | 8 | 8:53 | 85 | 21:06 |
| Lap 4 | 3.25 | 19:26 | 5:58 | 7 | 3:28 | 81 | 6:54 | 13.00 | 1:15:40 | 5:49 | 8 | 12:21 | 84 | 28:00 |
| Lap 5 | 3.25 | 19:10 | 5:53 | 6 | 2:54 | 79 | 6:26 | 16.25 | 1:34:50 | 5:50 | 8 | 15:15 | 85 | 34:26 |
| Lap 6 | 3.25 | 20:14 | 6:13 | 8 | 3:44 | 86 | 7:28 | 19.50 | 1:55:04 | 5:54 | 7 | 18:59 | 82 | 41:44 |
| Lap 7 | 3.25 | 20:54 | 6:25 | 8 | 4:29 | 87 | 8:21 | 22.75 | 2:15:58 | 5:58 | 7 | 23:28 | 83 | 50:05 |
| Lap 8 | 3.25 | 22:14 | 6:50 | 11 | 5:20 | 90 | 9:30 | 26.00 | 2:38:12 | 6:05 | 7 | 28:48 | 83 | 59:35 |
| Lap 9 | 3.25 | 23:26 | 7:12 | 10 | 6:30 | 91 | 10:38 | 29.25 | 3:01:38 | 6:12 | 7 | 34:52 | 84 | 1:10:13 |
| Lap 10 | 3.25 | 23:19 | 7:10 | 10 | 6:41 | 86 | 10:24 | 32.50 | 3:24:57 | 6:18 | 7 | 40:16 | 85 | 1:20:37 |
| Lap 11 | 3.25 | 23:23 | 7:11 | 8 | 6:23 | 78 | 10:23 | 35.75 | 3:48:20 | 6:23 | 7 | 44:27 | 84 | 1:31:00 |
| Lap 12 | 3.25 | 23:18 | 7:10 | 7 | 5:58 | 67 | 10:33 | 39.00 | 4:11:38 | 6:27 | 7 | 47:39 | 82 | 1:41:33 |
| Last lap Finish | 3.25 | 22:18 | 6:51 | 6 | 6:28 | 60 | 9:39 | 42.25 | 4:33:56 | 6:29 | 7 | 54:07 | 80 | 1:51:12 |