



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MEIßNER, Karsten

Club: Eitorf läuft...

Number: 728

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:30:16

Speed: 11.98 km/h

Running performance: 4:59 min/km

Rank in course/Total: 20 (of 168)

Rank in course/Men: 20 (of 144)

Best time in course: 2:45:49

Rank in category: 3(of 10)

Best time in the category: 3:03:49

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	18:16	5:37	9	5:29	101	7:22	3.25	18:16	5:37	9	5:29	101	7:22
Lap 2	3.25	16:13	4:59	6	3:27	44	4:26	6.50	34:29	5:18	7	8:56	81	11:48
Lap 3	3.25	14:42	4:31	3	1:58	13	2:17	9.75	49:11	5:02	7	10:54	46	14:05
Lap 4	3.25	15:36	4:47	4	2:27	25	2:59	13.00	1:04:47	4:59	6	13:21	40	17:04
Lap 5	3.25	15:36	4:47	5	2:14	24	3:16	16.25	1:20:23	4:56	6	15:35	35	20:20
Lap 6	3.25	15:59	4:55	5	2:31	27	3:35	19.50	1:36:22	4:56	6	18:06	34	23:55
Lap 7	3.25	15:45	4:50	5	1:52	21	2:57	22.75	1:52:07	4:55	6	19:58	32	26:52
Lap 8	3.25	15:45	4:50	4	1:02	18	2:56	26.00	2:07:52	4:55	6	20:51	29	29:48
Lap 9	3.25	16:27	5:03	3	1:58	21	3:19	29.25	2:24:19	4:56	5	22:24	28	33:02
Lap 10	3.25	17:04	5:15	3	1:44	21	4:14	32.50	2:41:23	4:57	5	24:08	27	37:16
Lap 11	3.25	16:57	5:12	3	1:34	18	3:27	35.75	2:58:20	4:59	5	25:42	25	40:43
Lap 12	3.25	16:39	5:07	2	0:49	16	2:42	39.00	3:14:59	4:59	4	26:31	24	43:25
Last lap Finish	3.25	15:17	4:42	1	-	9	1:25	42.25	3:30:16	4:58	3	26:27	20	44:27