



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KOCH, Christian

Club: Run&Bike Schmalkalden

Number: 698

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:44:34

Speed: 11.22 km/h

Running performance: 5:19 min/km

Rank in course/Total: 41 (of 168)

Rank in course/Men: 38 (of 144)

Best time in course: 2:45:49

Rank in category: 11(of 15)

Best time in the category: 2:45:49

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	15:59	4:55	10	5:05	41	5:05	3.25	15:59	4:55	10	5:05	41	5:05
Lap 2	3.25	16:49	5:10	13	5:02	58	5:02	6.50	32:48	5:02	13	10:07	49	10:07
Lap 3	3.25	16:54	5:11	13	4:29	60	4:29	9.75	49:42	5:05	13	14:36	51	14:36
Lap 4	3.25	16:56	5:12	12	4:19	51	4:19	13.00	1:06:38	5:07	12	18:55	50	18:55
Lap 5	3.25	17:02	5:14	12	4:42	47	4:42	16.25	1:23:40	5:08	12	23:37	47	23:37
Lap 6	3.25	17:07	5:15	11	4:43	46	4:43	19.50	1:40:47	5:10	12	28:20	48	28:20
Lap 7	3.25	17:08	5:16	12	4:20	41	4:20	22.75	1:57:55	5:10	12	32:40	46	32:40
Lap 8	3.25	17:40	5:26	12	4:51	47	4:51	26.00	2:15:35	5:12	12	37:31	44	37:31
Lap 9	3.25	17:51	5:29	11	4:38	42	4:43	29.25	2:33:26	5:14	12	42:09	43	42:09
Lap 10	3.25	17:25	5:21	8	4:35	32	4:35	32.50	2:50:51	5:15	12	46:44	42	46:44
Lap 11	3.25	17:42	5:26	9	4:12	29	4:12	35.75	3:08:33	5:16	12	50:56	39	50:56
Lap 12	3.25	18:06	5:34	10	4:09	35	4:09	39.00	3:26:39	5:17	12	55:05	39	55:05
Last lap Finish	3.25	17:55	5:30	11	3:40	34	4:03	42.25	3:44:34	5:18	11	58:45	38	58:45