



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ZINN, Michael

Club: DekaBank Sport e.V.

Number: 833

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:49:43

Speed: 10.97 km/h

Running performance: 5:26 min/km

Rank in course/Total: 49 (of 168)

Rank in course/Men: 46 (of 144)

Best time in course: 2:45:49

Rank in category: 11(of 29)

Best time in the category: 2:56:23

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	17:01	5:14	17	4:04	72	6:07	3.25	17:01	5:14	17	4:04	72	6:07
Lap 2	3.25	16:16	5:00	10	3:16	45	4:29	6.50	33:17	5:07	12	7:20	59	10:36
Lap 3	3.25	16:39	5:07	12	3:33	50	4:14	9.75	49:56	5:07	11	10:53	55	14:50
Lap 4	3.25	16:49	5:10	11	3:11	47	4:12	13.00	1:06:45	5:08	11	14:04	54	19:02
Lap 5	3.25	17:16	5:18	13	3:37	55	4:56	16.25	1:24:01	5:10	11	17:41	51	23:58
Lap 6	3.25	17:11	5:17	11	3:30	48	4:47	19.50	1:41:12	5:11	12	21:11	52	28:45
Lap 7	3.25	17:09	5:16	9	3:43	44	4:21	22.75	1:58:21	5:12	12	24:54	50	33:06
Lap 8	3.25	17:36	5:24	11	4:02	45	4:47	26.00	2:15:57	5:13	11	28:56	48	37:53
Lap 9	3.25	17:45	5:27	10	4:18	37	4:37	29.25	2:33:42	5:15	10	33:14	46	42:25
Lap 10	3.25	18:06	5:34	11	4:28	40	5:16	32.50	2:51:48	5:17	10	37:42	43	47:41
Lap 11	3.25	18:34	5:42	10	4:23	39	5:04	35.75	3:10:22	5:19	10	42:05	42	52:45
Lap 12	3.25	18:38	5:44	11	4:24	42	4:41	39.00	3:29:00	5:21	11	46:29	42	57:26
Last lap Finish	3.25	20:43	6:22	16	6:51	75	6:51	42.25	3:49:43	5:26	11	53:20	46	1:03:54