



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**KISTER, Marco**

Club: WrightSock

Number: 690

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:23:10

Speed: 9.58 km/h

Running performance: 6:14 min/km

Rank in course/Total: 100 (of 168)

Rank in course/Men: 90 (of 144)

Best time in course: 2:45:49

Rank in category: 16(of 26)

Best time in the category: 2:51:32

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	14:49	4:33	3	2:43	23	3:55	3.25	14:49	4:33	3	2:43	23	3:55
Lap 2	3.25	16:58	5:13	11	4:23	68	5:11	6.50	31:47	4:53	6	7:06	37	9:06
Lap 3	3.25	17:46	5:28	12	4:59	82	5:21	9.75	49:33	5:04	7	12:05	49	14:27
Lap 4	3.25	18:18	5:37	18	5:25	92	5:41	13.00	1:07:51	5:13	9	17:30	61	20:08
Lap 5	3.25	18:20	5:38	14	5:29	83	6:00	16.25	1:26:11	5:18	10	22:59	69	26:08
Lap 6	3.25	19:33	6:00	17	6:52	97	7:09	19.50	1:45:44	5:25	12	29:51	80	33:17
Lap 7	3.25	19:28	5:59	17	6:39	91	6:40	22.75	2:05:12	5:30	12	36:30	80	39:57
Lap 8	3.25	20:49	6:24	17	7:36	96	8:00	26.00	2:26:01	5:36	13	44:06	82	47:57
Lap 9	3.25	21:24	6:35	17	8:16	95	8:16	29.25	2:47:25	5:43	15	52:22	85	56:08
Lap 10	3.25	22:16	6:51	18	8:46	96	9:26	32.50	3:09:41	5:50	14	1:01:08	84	1:05:34
Lap 11	3.25	22:47	7:00	17	8:44	96	9:17	35.75	3:32:28	5:56	16	1:09:52	87	1:14:51
Lap 12	3.25	24:50	7:38	18	10:34	109	10:53	39.00	3:57:18	6:05	15	1:20:19	88	1:25:44
Last lap Finish	3.25	25:52	7:57	20	11:40	120	12:00	42.25	4:23:10	6:13	16	1:31:38	90	1:37:21