



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**KOZCOR, Carsten**

Club: Marathon4you/Trailrunning.de

Number: 703

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 5:25:07

Speed: 7.75 km/h

Running performance: 7:42 min/km

Rank in course/Total: 162 (of 168)

Rank in course/Men: 139 (of 144)

Best time in course: 2:45:49

Rank in category: 27(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	21:09	6:30	29	8:12	142	10:15	3.25	21:09	6:30	29	8:12	142	10:15
Lap 2	3.25	21:19	6:33	27	8:19	139	9:32	6.50	42:28	6:31	29	16:31	144	19:47
Lap 3	3.25	21:15	6:32	29	8:09	137	8:50	9.75	1:03:43	6:32	29	24:40	142	28:37
Lap 4	3.25	22:24	6:53	29	8:46	143	9:47	13.00	1:26:07	6:37	29	33:26	143	38:24
Lap 5	3.25	23:25	7:12	27	9:46	139	11:05	16.25	1:49:32	6:44	28	43:12	141	49:29
Lap 6	3.25	24:44	7:36	28	11:03	141	12:20	19.50	2:14:16	6:53	28	54:15	141	1:01:49
Lap 7	3.25	25:03	7:42	28	11:37	140	12:15	22.75	2:39:19	7:00	28	1:05:52	140	1:14:04
Lap 8	3.25	24:46	7:37	28	11:12	138	11:57	26.00	3:04:05	7:04	28	1:17:04	140	1:26:01
Lap 9	3.25	25:51	7:57	28	12:24	134	12:43	29.25	3:29:56	7:10	28	1:29:28	140	1:38:39
Lap 10	3.25	26:30	8:09	26	12:52	132	13:40	32.50	3:56:26	7:16	27	1:42:20	139	1:52:19
Lap 11	3.25	28:45	8:50	27	14:34	137	15:15	35.75	4:25:11	7:25	27	1:56:54	139	2:07:34
Lap 12	3.25	27:55	8:35	27	13:41	135	13:58	39.00	4:53:06	7:30	27	2:10:35	139	2:21:32
Last lap Finish	3.25	32:01	9:51	27	18:09	138	18:09	42.25	5:25:07	7:41	27	2:28:44	139	2:39:18