



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 |