



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

FRIXE, Stephan

Club: OCR Frankfurt

Number: 222

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:10:19

Speed: 10.13 km/h

Running performance: 5:44 min/km

Rank in course/Total: 74 (of 149)

Rank in course/Men: 65 (of 114)

Best time in course: 1:27:11

Rank in category: 14(of 24)

Best time in the category: 1:34:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	17:11	5:17	13	4:29	68	5:29	3.25	17:11	5:17	13	4:29	68	5:29	
Lap 2	3.25	17:04	5:15	11	3:38	62	4:30	6.50	34:15	5:16	12	8:07	62	9:59	
Lap 3	3.25	17:22	5:20	11	3:56	59	4:59	9.75	51:37	5:17	11	12:03	61	14:58	
Lap 4	3.25	18:51	5:48	14	5:05	68	6:18	13.00	1:10:28	5:25	11	17:08	63	21:16	
Lap 5	3.25	18:34	5:42	13	4:40	63	5:52	16.25	1:29:02	5:28	11	21:48	62	27:08	
Lap 6	3.25	20:16	6:14	15	6:08	73	7:23	19.50	1:49:18	5:36	12	27:56	62	34:30	
Last lap Finish	3.25	21:01	6:28	17	7:41	78	8:38	22.75	2:10:19	5:43	14	35:37	65	43:08	