



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MANTHEY, Stephan

Club: Gelsenkirchen

Number: 265

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:14:39

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 84 (of 149)

Rank in course/Men: 72 (of 114)

Best time in course: 1:27:11

Rank in category: 14(of 28)

Best time in the category: 1:29:24

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	17:36	5:24	17	5:25	72	5:54	3.25	17:36	5:24	17	5:25	72	5:54
Lap 2	3.25	17:39	5:25	17	4:48	71	5:05	6.50	35:15	5:25	16	10:13	71	10:59
Lap 3	3.25	18:10	5:35	15	5:12	70	5:47	9.75	53:25	5:28	15	15:25	68	16:46
Lap 4	3.25	18:34	5:42	13	5:51	65	6:01	13.00	1:11:59	5:32	15	21:16	69	22:47
Lap 5	3.25	19:39	6:02	15	6:49	76	6:57	16.25	1:31:38	5:38	14	28:05	70	29:44
Lap 6	3.25	20:55	6:26	19	8:02	83	8:02	19.50	1:52:33	5:46	14	36:07	70	37:45
Last lap Finish	3.25	22:06	6:48	23	9:08	91	9:43	22.75	2:14:39	5:55	14	45:15	72	47:28