



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**SCHNEIDER, Stephan**

Club: Polo-Club-Darmstadt e.V.

Number: 317

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:24:12

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 107 (of 149)

Rank in course/Men: 91 (of 114)

Best time in course: 1:27:11

Rank in category: 22(of 28)

Best time in the category: 1:29:24

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km |             |                |            |               |
| Lap 1           | 3.25        | 20:25         | 6:16            | 28          | 8:14           | 110         | 8:43          | 3.25        | 20:25         | 6:16            | 28          | 8:14           | 110        | 8:43          |
| Lap 2           | 3.25        | 20:25         | 6:16            | 26          | 7:34           | 101         | 7:51          | 6.50        | 40:50         | 6:16            | 27          | 15:48          | 106        | 16:34         |
| Lap 3           | 3.25        | 19:38         | 6:02            | 22          | 6:40           | 91          | 7:15          | 9.75        | 1:00:28       | 6:12            | 25          | 22:28          | 100        | 23:49         |
| Lap 4           | 3.25        | 20:40         | 6:21            | 24          | 7:57           | 92          | 8:07          | 13.00       | 1:21:08       | 6:14            | 24          | 30:25          | 98         | 31:56         |
| Lap 5           | 3.25        | 20:28         | 6:17            | 20          | 7:38           | 84          | 7:46          | 16.25       | 1:41:36       | 6:15            | 23          | 38:03          | 95         | 39:42         |
| Lap 6           | 3.25        | 21:19         | 6:33            | 22          | 8:26           | 90          | 8:26          | 19.50       | 2:02:55       | 6:18            | 22          | 46:29          | 92         | 48:07         |
| Last lap Finish | 3.25        | 21:17         | 6:32            | 19          | 8:19           | 83          | 8:54          | 22.75       | 2:24:12       | 6:20            | 22          | 54:48          | 91         | 57:01         |