



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

STEINEBACH, André

Club: Laufrevier Dortmund

Number: 128

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:56:35

Speed: 10.65 km/h

Running performance: 5:36 min/km

Rank in course/Total: 46 (of 110)

Rank in course/Men: 44 (of 100)

Best time in course: 2:42:44

Rank in category: 7(of 19)

Best time in the category: 3:09:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	16:42	5:08	6	4:04	37	5:29	3.25	16:42	5:08	6	4:04	37	5:29
Lap 2	3.25	16:48	5:10	11	3:18	46	5:05	6.50	33:30	5:09	8	7:22	40	10:34
Lap 3	3.25	17:00	5:13	8	3:32	46	4:48	9.75	50:30	5:10	9	10:54	45	15:22
Lap 4	3.25	17:25	5:21	8	3:51	49	4:53	13.00	1:07:55	5:13	9	14:45	46	20:15
Lap 5	3.25	17:50	5:29	9	3:50	51	5:06	16.25	1:25:45	5:16	8	18:35	45	25:21
Lap 6	3.25	17:31	5:23	7	3:02	40	4:45	19.50	1:43:16	5:17	7	21:08	45	29:56
Lap 7	3.25	18:27	5:40	9	4:10	56	5:54	22.75	2:01:43	5:21	8	25:18	46	35:50
Lap 8	3.25	18:18	5:37	8	3:33	45	5:34	26.00	2:20:01	5:23	7	28:41	42	41:24
Lap 9	3.25	19:41	6:03	9	4:52	56	6:53	29.25	2:39:42	5:27	7	32:09	43	48:17
Lap 10	3.25	18:48	5:47	7	3:43	40	5:53	32.50	2:58:30	5:29	6	34:56	42	54:10
Lap 11	3.25	19:17	5:56	8	4:11	41	6:17	35.75	3:17:47	5:31	7	38:50	44	1:00:27
Lap 12	3.25	19:14	5:55	7	3:57	32	6:29	39.00	3:37:01	5:33	7	42:36	43	1:06:56
Last lap Finish	3.25	19:34	6:01	9	5:25	38	6:55	42.25	3:56:35	5:35	7	47:17	44	1:13:51