



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**Stegner, Mirko**

Club: Trailrunning Würzburg

Number: 151

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:24:09

Speed: 9.54 km/h

Running performance: 6:15 min/km

Rank in course/Total: 79 (of 110)

Rank in course/Men: 74 (of 100)

Best time in course: 2:42:44

Rank in category: 14(of 19)

Best time in the category: 3:09:18

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	15:19	4:42	4	2:41	26	4:06	3.25	15:19	4:42	4	2:41	26	4:06
Lap 2	3.25	16:43	5:08	10	3:13	45	5:00	6.50	32:02	4:55	4	5:54	29	9:06
Lap 3	3.25	17:49	5:28	11	4:21	59	5:37	9.75	49:51	5:06	6	10:15	34	14:43
Lap 4	3.25	17:51	5:29	11	4:17	56	5:19	13.00	1:07:42	5:12	8	14:32	44	20:02
Lap 5	3.25	18:56	5:49	15	4:56	78	6:12	16.25	1:26:38	5:19	10	19:28	51	26:14
Lap 6	3.25	19:17	5:56	14	4:48	77	6:31	19.50	1:45:55	5:25	10	23:47	54	32:35
Lap 7	3.25	20:10	6:12	14	5:53	77	7:37	22.75	2:06:05	5:32	11	29:40	62	40:12
Lap 8	3.25	21:15	6:32	14	6:30	81	8:31	26.00	2:27:20	5:40	13	36:00	69	48:43
Lap 9	3.25	22:32	6:56	15	7:43	83	9:44	29.25	2:49:52	5:48	14	42:19	71	58:27
Lap 10	3.25	23:44	7:18	15	8:39	87	10:49	32.50	3:13:36	5:57	14	50:02	74	1:09:16
Lap 11	3.25	23:55	7:21	14	8:49	81	10:55	35.75	3:37:31	6:05	14	58:34	75	1:20:11
Lap 12	3.25	23:43	7:17	14	8:26	72	10:58	39.00	4:01:14	6:11	14	1:06:49	75	1:31:09
Last lap Finish	3.25	22:55	7:03	13	8:46	68	10:16	42.25	4:24:09	6:15	14	1:14:51	74	1:41:25