



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

PASEWALDT, Steven

Club: SV Friesen Frankleben

Number: 470

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:13

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 40 (of 261)

Rank in course/Men: 40 (of 215)

Best time in course: 1:25:10

Rank in category: 6(of 34)

Best time in the category: 1:39:17

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	14:18	4:24	4	1:27	39	3:00	3.25	14:18	4:24	4	1:27	39	3:00	
Lap 2	3.25	14:53	4:34	5	0:44	46	3:04	6.50	29:11	4:29	4	2:11	45	5:50	
Lap 3	3.25	15:23	4:44	7	1:00	50	3:11	9.75	44:34	4:34	5	3:11	43	9:01	
Lap 4	3.25	15:25	4:44	6	1:50	44	2:59	13.00	59:59	4:36	6	4:07	43	12:00	
Lap 5	3.25	15:31	4:46	6	2:23	43	3:01	16.25	1:15:30	4:38	7	5:07	44	15:01	
Lap 6	3.25	15:36	4:47	6	1:48	40	3:08	19.50	1:31:06	4:40	7	6:05	43	18:09	
Last lap Finish	3.25	15:07	4:39	4	1:32	33	13:01	22.75	1:46:13	4:40	7	14:34	42	1:44:07	