



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

FRÖDER, Sebastian

Club: VfL Waldbreitbach

Number: 364

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:08:06

Speed: 10.30 km/h

Running performance: 5:38 min/km

Rank in course/Total: 120 (of 261)

Rank in course/Men: 107 (of 215)

Best time in course: 1:25:10

Rank in category: 15(of 19)

Best time in the category: 1:25:10

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	16:56	5:12	14	5:38	111	5:38	3.25	16:56	5:12	14	5:38	111	5:38	
Lap 2	3.25	17:32	5:23	16	5:43	118	5:43	6.50	34:28	5:18	16	11:07	113	11:07	
Lap 3	3.25	17:45	5:27	16	5:33	110	5:33	9.75	52:13	5:21	16	16:40	109	16:40	
Lap 4	3.25	17:54	5:30	15	5:28	98	5:28	13.00	1:10:07	5:23	16	22:08	107	22:08	
Lap 5	3.25	18:32	5:42	15	6:02	100	6:02	16.25	1:28:39	5:27	16	28:10	104	28:10	
Lap 6	3.25	19:30	6:00	16	7:02	115	7:02	19.50	1:48:09	5:32	16	35:12	103	35:12	
Last lap Finish	3.25	19:57	6:08	17	7:44	126	17:51	22.75	2:08:06	5:37	15	42:56	109	2:06:00	