



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

GEBHARDT, Stephan

Club: TSV Rudow 1888 Berlin

Number: 645

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:36:35

Speed: 8.43 km/h

Running performance: 6:53 min/km

Rank in course/Total: 216 (of 261)

Rank in course/Men: 186 (of 215)

Best time in course: 1:25:10

Rank in category: 31(of 34)

Best time in the category: 1:39:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:24	6:16	32	7:33	188	9:06	3.25	20:24	6:16	32	7:33	188	9:06
Lap 2	3.25	19:58	6:08	29	5:49	171	8:09	6.50	40:22	6:12	29	13:22	177	17:01
Lap 3	3.25	20:51	6:24	31	6:28	179	8:39	9.75	1:01:13	6:16	31	19:50	177	25:40
Lap 4	3.25	21:50	6:43	31	8:15	180	9:24	13.00	1:23:03	6:23	31	27:11	179	35:04
Lap 5	3.25	22:50	7:01	31	9:42	184	10:20	16.25	1:45:53	6:30	30	35:30	181	45:24
Lap 6	3.25	24:21	7:29	31	10:33	189	11:53	19.50	2:10:14	6:40	30	45:13	182	57:17
Last lap Finish	3.25	26:21	8:06	32	12:46	197	24:15	22.75	2:36:35	6:52	32	1:04:56	188	2:34:29