



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: 8.72 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 |