



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**DÜSTERHÖFT, Stefan**

Club: -

Number: 345

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:54:28

Speed: 7.82 km/h

Running performance: 7:40 min/km

Rank in course/Total: 237 (of 261)

Rank in course/Men: 202 (of 215)

Best time in course: 1:25:10

Rank in category: 30(of 32)

Best time in the category: 1:33:22

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	19:52	6:06	23	7:48	172	8:34	3.25	19:52	6:06	23	7:48	172	8:34
Lap 2	3.25	24:29	7:31	32	11:27	208	12:40	6.50	44:21	6:49	31	19:15	205	21:00
Lap 3	3.25	24:41	7:35	31	11:26	206	12:29	9.75	1:09:02	7:04	31	30:41	203	33:29
Lap 4	3.25	26:49	8:15	31	13:08	209	14:23	13.00	1:35:51	7:22	31	43:49	205	47:52
Lap 5	3.25	25:50	7:56	30	12:04	202	13:20	16.25	2:01:41	7:29	31	55:53	204	1:01:12
Lap 6	3.25	27:08	8:20	30	13:14	206	14:40	19.50	2:28:49	7:37	30	1:09:07	204	1:15:52
Last lap Finish	3.25	25:39	7:53	28	12:11	192	23:33	22.75	2:54:28	7:40	30	1:21:06	204	2:52:22