



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KIESEL, Sebastian

Club: DJK Nüdlingen

Number: 689

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:20:20

Speed: 12.58 km/h

Running performance: 4:44 min/km

Rank in course/Total: 13 (of 168)

Rank in course/Men: 13 (of 144)

Best time in course: 2:45:49

Rank in category: 3(of 15)

Best time in the category: 2:45:49

Intermediate times				Stage score				Total ranking						
Control	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	14:08	4:20	3	3:14	14	3:14	3.25	14:08	4:20	3	3:14	14	3:14
Lap 2	3.25	14:23	4:25	3	2:36	12	2:36	6.50	28:31	4:23	3	5:50	14	5:50
Lap 3	3.25	14:41	4:31	3	2:16	12	2:16	9.75	43:12	4:25	3	8:06	13	8:06
Lap 4	3.25	14:51	4:34	3	2:14	12	2:14	13.00	58:03	4:27	3	10:20	12	10:20
Lap 5	3.25	15:04	4:38	3	2:44	16	2:44	16.25	1:13:07	4:29	3	13:04	12	13:04
Lap 6	3.25	15:18	4:42	3	2:54	16	2:54	19.50	1:28:25	4:32	3	15:58	11	15:58
Lap 7	3.25	15:15	4:41	3	2:27	15	2:27	22.75	1:43:40	4:33	3	18:25	11	18:25
Lap 8	3.25	15:31	4:46	3	2:42	16	2:42	26.00	1:59:11	4:35	3	21:07	11	21:07
Lap 9	3.25	15:45	4:50	3	2:32	15	2:37	29.25	2:14:56	4:36	3	23:39	12	23:39
Lap 10	3.25	15:30	4:46	2	2:40	9	2:40	32.50	2:30:26	4:37	3	26:19	11	26:19
Lap 11	3.25	16:10	4:58	2	2:40	12	2:40	35.75	2:46:36	4:39	3	28:59	11	28:59
Lap 12	3.25	16:44	5:08	5	2:47	17	2:47	39.00	3:03:20	4:42	3	31:46	13	31:46
Last lap Finish	3.25	17:00	5:13	7	2:45	26	3:08	42.25	3:20:20	4:44	3	34:31	13	34:31