



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

STAMMER, Uwe

Club: Blau Weiß Hettstedt

Number: 796

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:02:15

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 69 (of 168)

Rank in course/Men: 64 (of 144)

Best time in course: 2:45:49

Rank in category: 10(of 26)

Best time in the category: 2:51:32

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	18:25	5:40	17	6:19	107	7:31	3.25	18:25	5:40	17	6:19	107	7:31
Lap 2	3.25	18:03	5:33	15	5:28	96	6:16	6.50	36:28	5:36	16	11:47	101	13:47
Lap 3	3.25	18:09	5:35	13	5:22	90	5:44	9.75	54:37	5:36	16	17:09	100	19:31
Lap 4	3.25	18:05	5:33	14	5:12	86	5:28	13.00	1:12:42	5:35	13	22:21	93	24:59
Lap 5	3.25	18:01	5:32	11	5:10	76	5:41	16.25	1:30:43	5:34	13	27:31	90	30:40
Lap 6	3.25	17:44	5:27	9	5:03	61	5:20	19.50	1:48:27	5:33	13	32:34	87	36:00
Lap 7	3.25	17:47	5:28	8	4:58	59	4:59	22.75	2:06:14	5:32	14	37:32	84	40:59
Lap 8	3.25	18:19	5:38	9	5:06	60	5:30	26.00	2:24:33	5:33	12	42:38	79	46:29
Lap 9	3.25	18:44	5:45	10	5:36	58	5:36	29.25	2:43:17	5:34	8	48:14	71	52:00
Lap 10	3.25	19:12	5:54	9	5:42	59	6:22	32.50	3:02:29	5:36	9	53:56	71	58:22
Lap 11	3.25	19:39	6:02	10	5:36	57	6:09	35.75	3:22:08	5:39	9	59:32	65	1:04:31
Lap 12	3.25	19:59	6:08	9	5:43	55	6:02	39.00	3:42:07	5:41	10	1:05:08	64	1:10:33
Last lap Finish	3.25	20:08	6:11	12	5:56	66	6:16	42.25	4:02:15	5:44	10	1:10:43	64	1:16:26