



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

STURM, Arne

Club: Frida - Wo ist die Maus Club 03112013

Number: 803

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:28:43

Speed: 9.38 km/h

Running performance: 6:22 min/km

Rank in course/Total: 110 (of 168)

Rank in course/Men: 99 (of 144)

Best time in course: 2:45:49

Rank in category: 18(of 26)

Best time in the category: 2:51:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	20:07	6:11	24	8:01	134	9:13	3.25	20:07	6:11	24	8:01	134	9:13
Lap 2	3.25	19:35	6:01	23	7:00	119	7:48	6.50	39:42	6:06	24	15:01	123	17:01
Lap 3	3.25	19:14	5:55	19	6:27	110	6:49	9.75	58:56	6:02	23	21:28	120	23:50
Lap 4	3.25	19:21	5:57	20	6:28	108	6:44	13.00	1:18:17	6:01	20	27:56	115	30:34
Lap 5	3.25	19:32	6:00	18	6:41	103	7:12	16.25	1:37:49	6:01	20	34:37	113	37:46
Lap 6	3.25	19:38	6:02	18	6:57	98	7:14	19.50	1:57:27	6:01	20	41:34	111	45:00
Lap 7	3.25	19:45	6:04	18	6:56	96	6:57	22.75	2:17:12	6:01	20	48:30	110	51:57
Lap 8	3.25	20:05	6:10	15	6:52	87	7:16	26.00	2:37:17	6:02	20	55:22	106	59:13
Lap 9	3.25	20:47	6:23	15	7:39	83	7:39	29.25	2:58:04	6:05	20	1:03:01	103	1:06:47
Lap 10	3.25	21:07	6:29	17	7:37	84	8:17	32.50	3:19:11	6:07	20	1:10:38	101	1:15:04
Lap 11	3.25	24:45	7:36	19	10:42	111	11:15	35.75	3:43:56	6:15	19	1:21:20	102	1:26:19
Lap 12	3.25	21:45	6:41	13	7:29	78	7:48	39.00	4:05:41	6:17	19	1:28:42	102	1:34:07
Last lap Finish	3.25	23:02	7:05	17	8:50	98	9:10	42.25	4:28:43	6:21	18	1:37:11	99	1:42:54