



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

STELZER, Ralf

Club: Member of Rebel Family

Number: 798

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 5:17:57

Speed: 7.93 km/h

Running performance: 7:32 min/km

Rank in course/Total: 161 (of 168)

Rank in course/Men: 138 (of 144)

Best time in course: 2:45:49

Rank in category: 13(of 13)

Best time in the category: 3:40:45

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	Total km	Total Time				Pos Men	Behind Men
Lap 1	3.25	20:38	6:20	11	6:46	138	9:44	3.25	20:38	6:20	11	6:46	138	9:44
Lap 2	3.25	20:28	6:17	11	6:01	128	8:41	6.50	41:06	6:19	11	12:47	135	18:25
Lap 3	3.25	21:27	6:35	12	6:32	141	9:02	9.75	1:02:33	6:24	12	19:19	137	27:27
Lap 4	3.25	21:38	6:39	13	6:32	139	9:01	13.00	1:24:11	6:28	12	25:51	138	36:28
Lap 5	3.25	22:13	6:50	12	6:52	136	9:53	16.25	1:46:24	6:32	12	32:43	137	46:21
Lap 6	3.25	23:12	7:08	13	6:57	140	10:48	19.50	2:09:36	6:38	13	39:40	139	57:09
Lap 7	3.25	24:44	7:36	12	8:30	138	11:56	22.75	2:34:20	6:47	13	48:10	139	1:09:05
Lap 8	3.25	25:58	7:59	12	8:33	139	13:09	26.00	3:00:18	6:56	13	56:43	139	1:22:14
Lap 9	3.25	27:01	8:18	12	8:54	135	13:53	29.25	3:27:19	7:05	13	1:05:37	139	1:36:02
Lap 10	3.25	26:48	8:14	13	7:44	136	13:58	32.50	3:54:07	7:12	13	1:13:21	138	1:50:00
Lap 11	3.25	27:49	8:33	13	8:42	134	14:19	35.75	4:21:56	7:19	13	1:22:03	138	2:04:19
Lap 12	3.25	27:14	8:22	13	6:56	131	13:17	39.00	4:49:10	7:24	13	1:28:59	138	2:17:36
Last lap Finish	3.25	28:47	8:51	12	8:20	133	14:55	42.25	5:17:57	7:31	13	1:37:12	138	2:32:08