



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Janecek, Stephan

Club: Triathlon Salzgitter

Number: 395

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:56:34

Speed: 11.32 km/h

Running performance: 5:07 min/km

Rank in course/Total: 47 (of 244)

Rank in course/Men: 43 (of 179)

Best time in course: 1:31:15

Rank in category: 9(of 25)

Best time in the category: 1:31:15

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	14:43	4:31	7	1:29	22	1:45	3.25	14:43	4:31	7	1:29	22	1:45
Lap 2	3.25	14:54	4:35	6	1:50	24	1:50	6.50	29:37	4:33	6	3:17	21	3:17
Lap 3	3.25	16:14	4:59	9	3:04	45	3:04	9.75	45:51	4:42	6	6:21	25	6:21
Lap 4	3.25	17:02	5:14	12	4:02	55	4:02	13.00	1:02:53	4:50	6	10:23	30	10:23
Lap 5	3.25	18:04	5:33	15	5:17	70	5:17	16.25	1:20:57	4:58	7	15:40	40	15:40
Lap 6	3.25	18:23	5:39	14	5:29	68	5:29	19.50	1:39:20	5:05	9	21:09	44	21:09
Last lap Finish	3.25	17:14	5:18	9	4:10	40	4:10	22.75	1:56:34	5:07	9	25:19	44	44:18