



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fröder, Sebastian

Club: VFL Waldbreitbach

Number: 359

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:00:37

Speed: 10.94 km/h

Running performance: 5:18 min/km

Rank in course/Total: 63 (of 244)

Rank in course/Men: 56 (of 179)

Best time in course: 1:31:15

Rank in category: 11(of 17)

Best time in the category: 1:41:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:47	5:09	13	3:45	76	3:49	3.25	16:47	5:09	13	3:45	76	3:49
Lap 2	3.25	17:03	5:14	14	3:31	85	3:59	6.50	33:50	5:12	13	7:16	78	7:30
Lap 3	3.25	17:05	5:15	12	2:51	63	3:55	9.75	50:55	5:13	13	10:07	73	11:25
Lap 4	3.25	17:15	5:18	12	2:43	61	4:15	13.00	1:08:10	5:14	13	12:50	68	15:40
Lap 5	3.25	17:08	5:16	12	1:58	51	4:21	16.25	1:25:18	5:14	13	14:48	64	20:01
Lap 6	3.25	17:30	5:23	12	1:50	48	4:36	19.50	1:42:48	5:16	12	16:36	59	24:37
Last lap Finish	3.25	17:49	5:28	11	2:39	56	4:45	22.75	2:00:37	5:18	11	18:45	57	48:21