



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gangeler, Stefan

Club: TV Urbar

Number: 360

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:18:01

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 151 (of 244)

Rank in course/Men: 122 (of 179)

Best time in course: 1:31:15

Rank in category: 21(of 29)

Best time in the category: 1:36:19

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	21:06	6:29	27	8:08	163	8:08	3.25	21:06	6:29	27	8:08	163	8:08	
Lap 2	3.25	19:36	6:01	23	6:14	145	6:32	6.50	40:42	6:15	24	14:22	153	14:22	
Lap 3	3.25	19:27	5:59	23	6:07	140	6:17	9.75	1:00:09	6:10	23	20:29	149	20:39	
Lap 4	3.25	19:09	5:53	18	5:18	106	6:09	13.00	1:19:18	6:05	23	25:47	143	26:48	
Lap 5	3.25	19:20	5:56	19	5:04	106	6:33	16.25	1:38:38	6:04	22	30:51	136	33:21	
Lap 6	3.25	19:46	6:04	17	5:25	98	6:52	19.50	1:58:24	6:04	21	36:16	131	40:13	
Last lap Finish	3.25	19:37	6:02	16	5:26	94	6:33	22.75	2:18:01	6:04	21	41:42	123	1:05:45	