



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Drefers, Stefan

Club: Hamburg

Number: 346

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:22:50

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 166 (of 244)

Rank in course/Men: 134 (of 179)

Best time in course: 1:31:15

Rank in category: 22(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	20:00	6:09	23	7:02	150	7:02	3.25	20:00	6:09	23	7:02	150	7:02	
Lap 2	3.25	19:23	5:57	22	6:01	142	6:19	6.50	39:23	6:03	22	13:03	145	13:03	
Lap 3	3.25	18:49	5:47	19	5:29	120	5:39	9.75	58:12	5:58	22	18:32	138	18:42	
Lap 4	3.25	19:29	5:59	20	5:38	120	6:29	13.00	1:17:41	5:58	22	24:10	137	25:11	
Lap 5	3.25	21:07	6:29	23	6:51	143	8:20	16.25	1:38:48	6:04	23	31:01	140	33:31	
Lap 6	3.25	21:57	6:45	22	7:36	136	9:03	19.50	2:00:45	6:11	23	38:37	139	42:34	
Last lap Finish	3.25	22:05	6:47	21	7:54	137	9:01	22.75	2:22:50	6:16	22	46:31	135	1:10:34	