



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Obenhaus, Stefan

Club: Wartburg-Sparkasse

Number: 456

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:24:59

Speed: 9.10 km/h

Running performance: 6:22 min/km

Rank in course/Total: 176 (of 244)

Rank in course/Men: 141 (of 179)

Best time in course: 1:31:15

Rank in category: 22(of 25)

Best time in the category: 1:31:15

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	18:35	5:43	22	5:21	125	5:37	3.25	18:35	5:43	22	5:21	125	5:37	
Lap 2	3.25	18:48	5:47	22	5:44	128	5:44	6.50	37:23	5:45	23	11:03	127	11:03	
Lap 3	3.25	19:26	5:58	22	6:16	138	6:16	9.75	56:49	5:49	22	17:19	129	17:19	
Lap 4	3.25	20:20	6:15	21	7:20	141	7:20	13.00	1:17:09	5:56	22	24:39	133	24:39	
Lap 5	3.25	20:59	6:27	22	8:12	141	8:12	16.25	1:38:08	6:02	21	32:51	132	32:51	
Lap 6	3.25	22:18	6:51	22	9:24	140	9:24	19.50	2:00:26	6:10	21	42:15	137	42:15	
Last lap Finish	3.25	24:33	7:33	23	11:29	155	11:29	22.75	2:24:59	6:22	22	53:44	142	1:12:43	