



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rietdorf, Stefan

Club: Lohmar

Number: 469

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:33:51

Speed: 8.58 km/h

Running performance: 6:46 min/km

Rank in course/Total: 200 (of 244)

Rank in course/Men: 155 (of 179)

Best time in course: 1:31:15

Rank in category: 16(of 17)

Best time in the category: 1:41:52

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	21:36	6:38	17	8:34	168	8:38	3.25	21:36	6:38	17	8:34	168	8:38
Lap 2	3.25	21:56	6:44	17	8:24	167	8:52	6.50	43:32	6:41	17	16:58	169	17:12
Lap 3	3.25	21:32	6:37	17	7:18	161	8:22	9.75	1:05:04	6:40	17	24:16	164	25:34
Lap 4	3.25	22:25	6:53	17	7:53	161	9:25	13.00	1:27:29	6:43	17	32:09	164	34:59
Lap 5	3.25	22:00	6:46	17	6:50	152	9:13	16.25	1:49:29	6:44	17	38:59	161	44:12
Lap 6	3.25	22:27	6:54	17	6:47	144	9:33	19.50	2:11:56	6:45	17	45:44	159	53:45
Last lap Finish	3.25	21:55	6:44	15	6:45	135	8:51	22.75	2:33:51	6:45	16	51:59	156	1:21:35