



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Falk, Sebastian**

Club: Fantastic Hawks

Number: 640

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 3:24:05

Speed: 12.35 km/h

Running performance: 4:50 min/km

Rank in course/Total: 19 (of 193)

Rank in course/Men: 19 (of 161)

Best time in course: 2:49:28

Rank in category: 6(of 9)

Best time in the category: 2:49:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:21	4:06	3	1:31	11	1:31	3.25	13:21	4:06	3	1:31	11	1:31
Lap 2	3.25	13:57	4:17	3	1:30	11	1:30	6.50	27:18	4:12	3	3:01	11	3:01
Lap 3	3.25	14:15	4:23	3	1:44	10	1:44	9.75	41:33	4:15	3	4:45	11	4:45
Lap 4	3.25	14:17	4:23	3	1:32	9	1:32	13.00	55:50	4:17	3	6:17	11	6:17
Lap 5	3.25	14:33	4:28	4	1:39	11	1:39	16.25	1:10:23	4:19	3	7:56	9	7:56
Lap 6	3.25	14:56	4:35	4	1:56	15	14:55	19.50	1:25:19	4:22	3	9:52	11	11:42
Lap 7	3.25	15:41	4:49	6	2:20	24	2:20	22.75	1:41:00	4:26	3	12:12	11	13:06
Lap 8	3.25	16:43	5:08	7	3:24	37	16:42	26.00	1:57:43	4:31	3	15:36	13	29:48
Lap 9	3.25	16:31	5:04	5	3:12	28	3:12	29.25	2:14:14	4:35	3	18:48	13	31:16
Lap 10	3.25	17:06	5:15	6	3:39	30	3:39	32.50	2:31:20	4:39	3	22:27	14	32:29
Lap 11	3.25	17:42	5:26	7	4:34	33	4:34	35.75	2:49:02	4:43	6	26:36	19	33:26
Lap 12	3.25	17:41	5:26	6	4:28	28	4:28	39.00	3:06:43	4:47	6	30:20	20	33:51
Last lap Finish	3.25	17:22	5:20	6	4:17	26	4:17	42.25	3:24:05	4:49	6	34:37	19	34:37