



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Steiner, Thomas**

Club: Deutscher Alpenverein - Sektion Heidelberg  
Number: 816

Course: 42.25 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:34:55

Speed: 11.80 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 31 (of 193)

Rank in course/Men: 31 (of 161)

Best time in course: 2:49:28

Rank in category: 3(of 22)

Best time in the category: 3:15:14

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	17:56	5:31	9	4:19	87	6:06	3.25	17:56	5:31	9	4:19	87	6:06
Lap 2	3.25	16:54	5:11	8	3:46	68	4:27	6.50	34:50	5:21	9	8:05	83	10:33
Lap 3	3.25	17:29	5:22	8	3:45	76	4:58	9.75	52:19	5:21	9	11:50	82	15:31
Lap 4	3.25	17:08	5:16	7	3:27	62	4:23	13.00	1:09:27	5:20	8	15:17	75	19:54
Lap 5	3.25	16:52	5:11	5	3:01	52	3:58	16.25	1:26:19	5:18	7	18:18	67	23:52
Lap 6	3.25	16:47	5:09	4	2:59	47	16:46	19.50	1:43:06	5:17	6	21:17	62	29:29
Lap 7	3.25	16:43	5:08	4	2:41	40	3:22	22.75	1:59:49	5:15	6	23:58	61	31:55
Lap 8	3.25	16:03	4:56	3	1:23	26	16:02	26.00	2:15:52	5:13	4	25:21	54	47:57
Lap 9	3.25	15:52	4:52	3	0:45	18	2:33	29.25	2:31:44	5:11	4	26:06	47	48:46
Lap 10	3.25	15:25	4:44	1	-	9	1:58	32.50	2:47:09	5:08	4	25:17	40	48:18
Lap 11	3.25	16:00	4:55	2	0:17	13	2:52	35.75	3:03:09	5:07	4	24:17	34	47:33
Lap 12	3.25	15:57	4:54	1	-	10	2:44	39.00	3:19:06	5:06	3	22:42	33	46:14
Last lap Finish	3.25	15:49	4:51	1	-	11	2:44	42.25	3:34:55	5:05	3	19:41	31	45:27