



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Manz, Stefan

Club: BSG Ostsächsische Sparkasse Dresden
Number: 729

Course: 42.25 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:50:02

Speed: 11.02 km/h
Running performance: 5:26 min/km

Rank in course/Total: 51 (of 193)

Rank in course/Men: 49 (of 161)

Best time in course: 2:49:28

Rank in category: 7(of 28)

Best time in the category: 2:57:49

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	15:18	4:42	5	3:07	34	3:28	3.25	15:18	4:42	5	3:07	34	3:28
Lap 2	3.25	15:09	4:39	5	2:37	31	2:42	6.50	30:27	4:41	5	5:44	33	6:10
Lap 3	3.25	15:38	4:48	6	2:53	34	3:07	9.75	46:05	4:43	5	8:37	32	9:17
Lap 4	3.25	16:01	4:55	5	3:11	36	3:16	13.00	1:02:06	4:46	5	11:48	31	12:33
Lap 5	3.25	16:46	5:09	8	3:47	46	3:52	16.25	1:18:52	4:51	5	15:35	32	16:25
Lap 6	3.25	16:46	5:09	7	16:45	45	16:45	19.50	1:35:38	4:54	5	22:01	34	22:01
Lap 7	3.25	17:11	5:17	8	3:45	48	3:50	22.75	1:52:49	4:57	5	24:55	35	24:55
Lap 8	3.25	17:35	5:24	6	17:34	46	17:34	26.00	2:10:24	5:00	6	42:29	36	42:29
Lap 9	3.25	18:39	5:44	9	4:29	60	5:20	29.25	2:29:03	5:05	6	46:05	38	46:05
Lap 10	3.25	19:14	5:55	10	4:48	63	5:47	32.50	2:48:17	5:10	7	49:26	42	49:26
Lap 11	3.25	19:42	6:03	9	4:39	64	6:34	35.75	3:07:59	5:15	7	52:23	44	52:23
Lap 12	3.25	21:25	6:35	14	5:51	93	8:12	39.00	3:29:24	5:22	7	56:32	46	56:32
Last lap Finish	3.25	20:38	6:20	11	5:25	86	7:33	42.25	3:50:02	5:26	7	52:13	49	1:00:34