



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Steinbach, Benedikt

Club: Mannheim

Number: 815

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 3:56:10

Speed: 10.67 km/h

Running performance: 5:35 min/km

Rank in course/Total: 69 (of 193)

Rank in course/Men: 63 (of 161)

Best time in course: 2:49:28

Rank in category: 9(of 9)

Best time in the category: 2:49:28

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	15:10	4:39	7	3:20	33	3:20	3.25	15:10	4:39	7	3:20	33	3:20
Lap 2	3.25	15:26	4:44	7	2:59	33	2:59	6.50	30:36	4:42	7	6:19	34	6:19
Lap 3	3.25	16:06	4:57	7	3:35	41	3:35	9.75	46:42	4:47	7	9:54	34	9:54
Lap 4	3.25	16:00	4:55	7	3:15	35	3:15	13.00	1:02:42	4:49	7	13:09	33	13:09
Lap 5	3.25	16:53	5:11	7	3:59	53	3:59	16.25	1:19:35	4:53	7	17:08	36	17:08
Lap 6	3.25	16:49	5:10	9	3:49	49	16:48	19.50	1:36:24	4:56	7	20:57	39	22:47
Lap 7	3.25	18:15	5:36	9	4:54	74	4:54	22.75	1:54:39	5:02	7	25:51	40	26:45
Lap 8	3.25	18:54	5:48	9	5:35	78	18:53	26.00	2:13:33	5:08	8	31:26	45	45:38
Lap 9	3.25	19:23	5:57	9	6:04	78	6:04	29.25	2:32:56	5:13	8	37:30	50	49:58
Lap 10	3.25	19:50	6:06	9	6:23	75	6:23	32.50	2:52:46	5:18	8	43:53	52	53:55
Lap 11	3.25	21:35	6:38	9	8:27	98	8:27	35.75	3:14:21	5:26	9	51:55	57	58:45
Lap 12	3.25	20:43	6:22	9	7:30	83	7:30	39.00	3:35:04	5:30	9	58:41	59	1:02:12
Last lap Finish	3.25	21:06	6:29	9	8:01	94	8:01	42.25	3:56:10	5:35	9	1:06:42	63	1:06:42