



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Marquardt, Stefan

Club: SF Ennepetal

Number: 731

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:07:45

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 90 (of 193)

Rank in course/Men: 83 (of 161)

Best time in course: 2:49:28

Rank in category: 14(of 35)

Best time in the category: 3:16:40

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	20:04	6:10	28	5:20	133	8:14	3.25	20:04	6:10	28	5:20	133	8:14
Lap 2	3.25	19:13	5:54	25	4:37	130	6:46	6.50	39:17	6:02	25	9:48	131	15:00
Lap 3	3.25	18:42	5:45	23	3:58	109	6:11	9.75	57:59	5:56	24	13:46	123	21:11
Lap 4	3.25	18:32	5:42	21	3:45	99	5:47	13.00	1:16:31	5:53	25	17:31	121	26:58
Lap 5	3.25	19:24	5:58	23	4:44	109	6:30	16.25	1:35:55	5:54	25	22:15	121	33:28
Lap 6	3.25	18:59	5:50	19	4:26	94	18:58	19.50	1:54:54	5:53	24	26:41	115	41:17
Lap 7	3.25	18:56	5:49	16	4:29	87	5:35	22.75	2:13:50	5:52	23	31:10	108	45:56
Lap 8	3.25	18:42	5:45	14	4:16	72	18:41	26.00	2:32:32	5:51	22	35:26	103	1:04:37
Lap 9	3.25	18:57	5:49	13	4:01	68	5:38	29.25	2:51:29	5:51	20	39:27	99	1:08:31
Lap 10	3.25	18:54	5:48	11	3:34	53	5:27	32.50	3:10:23	5:51	18	43:01	94	1:11:32
Lap 11	3.25	19:05	5:52	11	3:22	49	5:57	35.75	3:29:28	5:51	15	46:16	89	1:13:52
Lap 12	3.25	19:14	5:55	10	3:51	54	6:01	39.00	3:48:42	5:51	15	49:08	85	1:15:50
Last lap Finish	3.25	19:03	5:51	9	3:52	50	5:58	42.25	4:07:45	5:51	14	51:05	83	1:18:17