



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Stransky, Sebastian

Club: Spiridon Frankfurt

Number: 821

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:09:11

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 95 (of 193)

Rank in course/Men: 85 (of 161)

Best time in course: 2:49:28

Rank in category: 15(of 28)

Best time in the category: 2:57:49

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	18:31	5:41	18	6:20	103	6:41	3.25	18:31	5:41	18	6:20	103	6:41
Lap 2	3.25	17:20	5:19	13	4:48	80	4:53	6.50	35:51	5:30	17	11:08	92	11:34
Lap 3	3.25	17:27	5:22	12	4:42	75	4:56	9.75	53:18	5:28	16	15:50	88	16:30
Lap 4	3.25	17:35	5:24	11	4:45	72	4:50	13.00	1:10:53	5:27	13	20:35	85	21:20
Lap 5	3.25	18:19	5:38	15	5:20	89	5:25	16.25	1:29:12	5:29	13	25:55	85	26:45
Lap 6	3.25	18:20	5:38	13	18:19	83	18:19	19.50	1:47:32	5:30	13	33:55	85	33:55
Lap 7	3.25	18:23	5:39	14	4:57	78	5:02	22.75	2:05:55	5:32	12	38:01	81	38:01
Lap 8	3.25	19:44	6:04	17	19:43	96	19:43	26.00	2:25:39	5:36	15	57:44	86	57:44
Lap 9	3.25	20:47	6:23	16	6:37	99	7:28	29.25	2:46:26	5:41	15	1:03:28	86	1:03:28
Lap 10	3.25	21:15	6:32	18	6:49	103	7:48	32.50	3:07:41	5:46	15	1:08:50	86	1:08:50
Lap 11	3.25	21:06	6:29	14	6:03	88	7:58	35.75	3:28:47	5:50	15	1:13:11	86	1:13:11
Lap 12	3.25	21:26	6:35	15	5:52	94	8:13	39.00	3:50:13	5:54	15	1:17:21	88	1:17:21
Last lap Finish	3.25	18:58	5:50	7	3:45	48	5:53	42.25	4:09:11	5:53	15	1:11:22	85	1:19:43