



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fromm, Stefan

Club: Go Eichsfeld

Number: 654

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:18:56

Speed: 9.73 km/h

Running performance: 6:08 min/km

Rank in course/Total: 114 (of 193)

Rank in course/Men: 101 (of 161)

Best time in course: 2:49:28

Rank in category: 24(of 27)

Best time in the category: 2:58:14

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	18:54	5:48	23	7:04	117	7:04	3.25	18:54	5:48	23	7:04	117	7:04
Lap 2	3.25	19:02	5:51	24	6:35	125	6:35	6.50	37:56	5:50	23	13:39	119	13:39
Lap 3	3.25	18:57	5:49	23	6:13	117	6:26	9.75	56:53	5:50	23	19:52	118	20:05
Lap 4	3.25	19:43	6:03	26	6:35	128	6:58	13.00	1:16:36	5:53	23	26:27	122	27:03
Lap 5	3.25	19:50	6:06	26	6:15	123	6:56	16.25	1:36:26	5:56	23	32:19	122	33:59
Lap 6	3.25	18:58	5:50	21	5:21	93	18:57	19.50	1:55:24	5:55	23	36:44	119	41:47
Lap 7	3.25	20:11	6:12	24	6:18	110	6:50	22.75	2:15:35	5:57	24	42:07	117	47:41
Lap 8	3.25	20:43	6:22	25	6:20	113	20:42	26.00	2:36:18	6:00	24	48:16	116	1:08:23
Lap 9	3.25	21:38	6:39	23	7:21	113	8:19	29.25	2:57:56	6:04	24	55:37	116	1:14:58
Lap 10	3.25	22:13	6:50	24	8:23	116	8:46	32.50	3:20:09	6:09	24	1:04:00	114	1:21:18
Lap 11	3.25	19:26	5:58	17	5:38	57	6:18	35.75	3:39:35	6:08	24	1:09:38	108	1:23:59
Lap 12	3.25	19:47	6:05	17	5:21	64	6:34	39.00	3:59:22	6:08	24	1:14:59	102	1:26:30
Last lap Finish	3.25	19:34	6:01	20	5:43	69	6:29	42.25	4:18:56	6:07	24	1:20:42	101	1:29:28