



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Steiner, Daniel

Club: marathon4you.de

Number: 817

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:29:12

Speed: 9.36 km/h

Running performance: 6:22 min/km

Rank in course/Total: 135 (of 193)

Rank in course/Men: 118 (of 161)

Best time in course: 2:49:28

Rank in category: 12(of 20)

Best time in the category: 3:36:40

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	20:41	6:21	18	5:22	150	8:51	3.25	20:41	6:21	18	5:22	150	8:51
Lap 2	3.25	18:55	5:49	12	2:39	123	6:28	6.50	39:36	6:05	12	8:01	137	15:19
Lap 3	3.25	18:51	5:48	11	3:28	114	6:20	9.75	58:27	5:59	12	10:28	129	21:39
Lap 4	3.25	18:58	5:50	10	3:24	109	6:13	13.00	1:17:25	5:57	12	13:52	125	27:52
Lap 5	3.25	19:38	6:02	9	3:59	116	6:44	16.25	1:37:03	5:58	12	17:51	124	34:36
Lap 6	3.25	19:33	6:00	10	3:45	111	19:32	19.50	1:56:36	5:58	12	21:36	123	42:59
Lap 7	3.25	20:08	6:11	10	4:07	107	6:47	22.75	2:16:44	6:00	11	25:43	121	48:50
Lap 8	3.25	22:17	6:51	13	6:24	133	22:16	26.00	2:39:01	6:06	11	32:07	126	1:11:06
Lap 9	3.25	21:46	6:41	11	5:31	115	8:27	29.25	3:00:47	6:10	11	37:38	125	1:17:49
Lap 10	3.25	22:20	6:52	11	5:21	117	8:53	32.50	3:23:07	6:14	11	42:59	122	1:24:16
Lap 11	3.25	23:22	7:11	11	5:10	119	10:14	35.75	3:46:29	6:20	12	48:09	124	1:30:53
Lap 12	3.25	22:22	6:52	9	3:38	103	9:09	39.00	4:08:51	6:22	12	51:47	122	1:35:59
Last lap Finish	3.25	20:21	6:15	8	2:42	80	7:16	42.25	4:29:12	6:22	12	52:32	118	1:39:44