



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Stier, Ronny

Club: Wesenberg

Number: 818

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:39:37

Speed: 9.01 km/h

Running performance: 6:37 min/km

Rank in course/Total: 154 (of 193)

Rank in course/Men: 133 (of 161)

Best time in course: 2:49:28

Rank in category: 18(of 22)

Best time in the category: 3:15:14

Intermediate times				Stage score				Total ranking						
Control	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	18:20	5:38	12	4:43	99	6:30	3.25	18:20	5:38	12	4:43	99	6:30
Lap 2	3.25	18:25	5:40	15	5:17	111	5:58	6.50	36:45	5:39	13	10:00	105	12:28
Lap 3	3.25	18:54	5:48	14	5:10	115	6:23	9.75	55:39	5:42	14	15:10	108	18:51
Lap 4	3.25	19:03	5:51	13	5:22	111	6:18	13.00	1:14:42	5:44	15	20:32	109	25:09
Lap 5	3.25	19:04	5:51	13	5:13	105	6:10	16.25	1:33:46	5:46	15	25:45	110	31:19
Lap 6	3.25	20:25	6:16	15	6:37	129	20:24	19.50	1:54:11	5:51	15	32:22	112	40:34
Lap 7	3.25	20:05	6:10	14	6:03	106	6:44	22.75	2:14:16	5:54	14	38:25	110	46:22
Lap 8	3.25	20:39	6:21	12	5:59	111	20:38	26.00	2:34:55	5:57	14	44:24	112	1:07:00
Lap 9	3.25	22:07	6:48	17	7:00	123	8:48	29.25	2:57:02	6:03	14	51:24	111	1:14:04
Lap 10	3.25	22:53	7:02	17	7:28	124	9:26	32.50	3:19:55	6:09	14	58:03	113	1:21:04
Lap 11	3.25	25:07	7:43	20	9:24	144	11:59	35.75	3:45:02	6:17	14	1:06:10	119	1:29:26
Lap 12	3.25	26:54	8:16	22	10:57	151	13:41	39.00	4:11:56	6:27	16	1:15:32	126	1:39:04
Last lap Finish	3.25	27:41	8:31	21	11:52	147	14:36	42.25	4:39:37	6:37	18	1:24:23	133	1:50:09