



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Gnendiger, Stefan**

Club: TG Melbach

Number: 662

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 5:19:19

Speed: 7.89 km/h

Running performance: 7:34 min/km

Rank in course/Total: 191 (of 193)

Rank in course/Men: 159 (of 161)

Best time in course: 2:49:28

Rank in category: 28(of 28)

Best time in the category: 2:57:49

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Lap 1           | 3.25        | 21:13         | 6:31            | 27          | 9:02           | 155         | 9:23          | 3.25  | 21:13   | 6:31            | 27          | 9:02           | 155           | 9:23          |
| Lap 2           | 3.25        | 21:24         | 6:35            | 28          | 8:52           | 155         | 8:57          | 6.50  | 42:37   | 6:33            | 28          | 17:54          | 156           | 18:20         |
| Lap 3           | 3.25        | 22:38         | 6:57            | 28          | 9:53           | 158         | 10:07         | 9.75  | 1:05:15 | 6:41            | 28          | 27:47          | 156           | 28:27         |
| Lap 4           | 3.25        | 22:25         | 6:53            | 27          | 9:35           | 157         | 9:40          | 13.00 | 1:27:40 | 6:44            | 28          | 37:22          | 156           | 38:07         |
| Lap 5           | 3.25        | 22:21         | 6:52            | 28          | 9:22           | 154         | 9:27          | 16.25 | 1:50:01 | 6:46            | 28          | 46:44          | 157           | 47:34         |
| Lap 6           | 3.25        | 23:50         | 7:19            | 27          | 23:49          | 158         | 23:49         | 19.50 | 2:13:51 | 6:51            | 28          | 1:00:14        | 158           | 1:00:14       |
| Lap 7           | 3.25        | 25:22         | 7:48            | 28          | 11:56          | 158         | 12:01         | 22.75 | 2:39:13 | 6:59            | 28          | 1:11:19        | 158           | 1:11:19       |
| Lap 8           | 3.25        | 26:05         | 8:01            | 27          | 26:04          | 154         | 26:04         | 26.00 | 3:05:18 | 7:07            | 28          | 1:37:23        | 159           | 1:37:23       |
| Lap 9           | 3.25        | 27:02         | 8:19            | 28          | 12:52          | 156         | 13:43         | 29.25 | 3:32:20 | 7:15            | 28          | 1:49:22        | 159           | 1:49:22       |
| Lap 10          | 3.25        | 28:03         | 8:37            | 28          | 13:37          | 158         | 14:36         | 32.50 | 4:00:23 | 7:23            | 28          | 2:01:32        | 159           | 2:01:32       |
| Lap 11          | 3.25        | 26:50         | 8:15            | 28          | 11:47          | 156         | 13:42         | 35.75 | 4:27:13 | 7:28            | 28          | 2:11:37        | 159           | 2:11:37       |
| Lap 12          | 3.25        | 26:34         | 8:10            | 27          | 11:00          | 148         | 13:21         | 39.00 | 4:53:47 | 7:31            | 28          | 2:20:55        | 159           | 2:20:55       |
| Last lap Finish | 3.25        | 25:32         | 7:51            | 25          | 10:19          | 139         | 12:27         | 42.25 | 5:19:19 | 7:33            | 28          | 2:21:30        | 159           | 2:29:51       |