



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Spitzley, Stefan

Club: Lanxess Roadrunners

Number: 226

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:13

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 90 (of 246)

Rank in course/Men: 66 (of 148)

Best time in course: 33:48

Rank in category: 13(of 27)

Best time in the category: 39:06

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	16:05	4:56	12	3:49	50	5:34	3.25	16:05	4:56	12	3:49	50	5:34
Lap 2	3.25	17:44	5:27	14	4:16	65	6:13	6.50	33:49	5:12	13	8:05	57	11:47
Last lap Finish	3.25	19:24	5:58	16	6:02	87	7:45	9.75	53:13	5:27	13	14:07	66	19:25