



# 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: 10.15 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  |