



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

### Landgraf, Steffen

Club: Stiflers Erben

Number: 415

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:57:22

Speed: 11.25 km/h

Running performance: 5:10 min/km

Rank in course/Total: 49 (of 244)

Rank in course/Men: 41 (of 177)

Best time in course: 1:31:43

Rank in category: 15(of 25)

Best time in the category: 1:32:02

### 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	16:52	5:11	18	4:54	63	4:54	3.25	16:52	5:11	18	4:54	63	4:54
Lap 2	3.25	16:27	5:03	18	3:52	52	3:52	6.50	33:19	5:07	19	8:46	59	8:46
Lap 3	3.25	16:53	5:11	17	3:43	51	4:09	9.75	50:12	5:08	18	12:27	55	12:27
Lap 4	3.25	17:11	5:17	15	3:45	46	3:58	13.00	1:07:23	5:11	18	16:12	52	16:12
Lap 5	3.25	17:03	5:14	13	3:31	41	3:47	16.25	1:24:26	5:11	18	19:29	51	19:29
Lap 6	3.25	16:53	5:11	11	3:08	33	3:32	19.50	1:41:19	5:11	16	22:37	45	22:37
Last lap Finish	3.25	16:03	4:56	7	2:43	20	3:15	22.75	1:57:22	5:09	15	25:20	41	25:39