



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Grumbrecht, Stefan

Club: CaBa's CaBaNauTen

Number: 359

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:34:31

Speed: 8.83 km/h

Running performance: 6:47 min/km

Rank in course/Total: 196 (of 244)

Rank in course/Men: 151 (of 177)

Best time in course: 1:31:43

Rank in category: 29(of 34)

Best time in the category: 1:38:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	21:04	6:28	32	7:47	161	9:06	3.25	21:04	6:28	32	7:47	161	9:06	
Lap 2	3.25	20:58	6:27	31	7:02	160	8:23	6.50	42:02	6:28	31	14:49	158	17:29	
Lap 3	3.25	21:54	6:44	30	7:53	158	9:10	9.75	1:03:56	6:33	31	22:22	160	26:11	
Lap 4	3.25	22:08	6:48	29	7:55	150	8:55	13.00	1:26:04	6:37	30	30:15	157	34:53	
Lap 5	3.25	22:19	6:51	27	8:12	144	9:03	16.25	1:48:23	6:40	30	38:06	155	43:26	
Lap 6	3.25	23:07	7:06	27	9:17	146	9:46	19.50	2:11:30	6:44	29	46:46	152	52:48	
Last lap Finish	3.25	23:01	7:04	27	9:07	135	10:13	22.75	2:34:31	6:47	29	55:38	151	1:02:48	