



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Hiebing, Sebastian**

**Total time: 3:33:32**

Club: Team Erdinger Alkoholfrei- Tri Team Gütersloh  
Number: 668

**Speed: 11.80 km/h**

**Running performance: 5:03 min/km**

Course: 42.25 km  
Marathon

Rank in course/Total: 19 (of 185)

Rank in course/Men: 18 (of 161)

Best time in course: 2:53:52

Category:

Rank in category: 5(of 24)

Senioren M40 (40-44 Jahre)

Best time in the category: 3:10:07

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:39	4:12	3	1:44	10	1:52	3.25	13:39	4:12	3	1:44	10	1:52
Lap 2	3.25	14:44	4:31	5	2:13	17	14:43	6.50	28:23	4:21	3	3:57	13	11:08
Lap 3	3.25	15:00	4:36	5	2:06	17	2:10	9.75	43:23	4:26	5	6:03	16	9:59
Lap 4	3.25	15:22	4:43	5	2:04	17	2:24	13.00	58:45	4:31	5	8:07	16	9:06
Lap 5	3.25	15:37	4:48	5	2:11	19	2:25	16.25	1:14:22	4:34	5	10:18	18	10:47
Lap 6	3.25	15:48	4:51	5	1:59	21	2:30	19.50	1:30:10	4:37	5	12:17	18	13:17
Lap 7	3.25	16:26	5:03	6	2:32	22	3:04	22.75	1:46:36	4:41	5	14:49	18	16:08
Lap 8	3.25	16:51	5:11	6	2:22	22	16:50	26.00	2:03:27	4:44	5	17:11	19	19:14
Lap 9	3.25	17:32	5:23	9	2:49	32	3:33	29.25	2:20:59	4:49	5	19:56	21	22:47
Lap 10	3.25	18:01	5:32	9	2:56	33	4:05	32.50	2:39:00	4:53	5	21:00	20	26:42
Lap 11	3.25	18:05	5:33	6	18:04	31	18:04	35.75	2:57:05	4:57	5	20:24	20	30:46
Lap 12	3.25	18:43	5:45	8	3:58	36	4:53	39.00	3:15:48	5:01	5	20:52	20	35:27
Last lap Finish	3.25	17:44	5:27	8	3:25	28	4:42	42.25	3:33:32	5:03	5	23:25	18	39:40