



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Fromm, Stefan

Club: FC Wacker 1914 Teistungen

Number: 639

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:31:27

Speed: 9.34 km/h

Running performance: 6:25 min/km

Rank in course/Total: 113 (of 185)

Rank in course/Men: 105 (of 161)

Best time in course: 2:53:52

Rank in category: 8(of 12)

Best time in the category: 3:32:46

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	17:00	5:13	4	4:13	50	5:13	3.25	17:00	5:13	4	4:13	50	5:13
Lap 2	3.25	17:24	5:21	6	3:37	66	17:23	6.50	34:24	5:17	6	7:50	61	17:09
Lap 3	3.25	18:22	5:39	9	4:29	86	5:32	9.75	52:46	5:24	6	12:19	66	19:22
Lap 4	3.25	19:00	5:50	9	4:55	91	6:02	13.00	1:11:46	5:31	7	17:14	75	22:07
Lap 5	3.25	19:48	6:05	10	5:16	110	6:36	16.25	1:31:34	5:38	8	22:30	82	27:59
Lap 6	3.25	19:55	6:07	8	4:41	105	6:37	19.50	1:51:29	5:43	8	27:11	88	34:36
Lap 7	3.25	20:22	6:15	8	4:23	100	7:00	22.75	2:11:51	5:47	8	31:34	89	41:23
Lap 8	3.25	21:29	6:36	11	4:41	115	21:28	26.00	2:33:20	5:53	8	36:15	95	49:07
Lap 9	3.25	23:00	7:04	10	6:06	127	9:01	29.25	2:56:20	6:01	8	41:23	99	58:08
Lap 10	3.25	22:53	7:02	8	5:30	114	8:57	32.50	3:19:13	6:07	9	45:48	99	1:06:55
Lap 11	3.25	24:04	7:24	9	6:59	120	24:03	35.75	3:43:17	6:14	10	50:30	102	1:16:58
Lap 12	3.25	26:25	8:07	9	9:35	139	12:35	39.00	4:09:42	6:24	10	56:16	108	1:29:21
Last lap Finish	3.25	21:45	6:41	6	5:29	86	8:43	42.25	4:31:27	6:25	8	58:41	105	1:37:35