



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Freitag, Stefan**

Club: Klosterbergrunners Schäfersheim  
Number: 637

Course: 42.25 km  
Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 4:38:22

Speed: 9.11 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 130 (of 185)

Rank in course/Men: 120 (of 161)

Best time in course: 2:53:52

Rank in category: 19(of 24)

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	17:59	5:31	16	6:04	90	6:12	3.25	17:59	5:31	16	6:04	90	6:12
Lap 2	3.25	18:09	5:35	16	5:38	93	18:08	6.50	36:08	5:33	16	11:42	91	18:53
Lap 3	3.25	18:11	5:35	14	5:17	82	5:21	9.75	54:19	5:34	15	16:59	88	20:55
Lap 4	3.25	18:37	5:43	14	5:19	82	5:39	13.00	1:12:56	5:36	14	22:18	83	23:17
Lap 5	3.25	19:06	5:52	17	5:40	96	5:54	16.25	1:32:02	5:39	15	27:58	84	28:27
Lap 6	3.25	19:46	6:04	18	5:57	102	6:28	19.50	1:51:48	5:44	17	33:55	90	34:55
Lap 7	3.25	21:17	6:32	17	7:23	122	7:55	22.75	2:13:05	5:50	17	41:18	95	42:37
Lap 8	3.25	21:54	6:44	18	7:25	125	21:53	26.00	2:34:59	5:57	17	48:43	101	50:46
Lap 9	3.25	23:22	7:11	17	8:39	133	9:23	29.25	2:58:21	6:05	17	57:18	103	1:00:09
Lap 10	3.25	25:02	7:42	20	9:57	141	11:06	32.50	3:23:23	6:15	17	1:05:23	108	1:11:05
Lap 11	3.25	24:14	7:27	19	24:13	121	24:13	35.75	3:47:37	6:22	18	1:10:56	112	1:21:18
Lap 12	3.25	25:16	7:46	20	10:31	126	11:26	39.00	4:12:53	6:29	18	1:17:57	117	1:32:32
Last lap Finish	3.25	25:29	7:50	20	11:10	129	12:27	42.25	4:38:22	6:35	19	1:28:15	120	1:44:30