



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Nilsson, Bengt

Club: Drottningholm

Number: 595

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:03:32

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 68 (of 159)

Rank in course/Men: 58 (of 122)

Best time in course: 1:28:31

Rank in category: 5(of 17)

Best time in the category: 1:40:23

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	17:11	5:17	8	3:58	72	5:26	3.25	17:11	5:17	8	3:58	72	5:26	
Lap 2	3.25	17:42	5:26	10	3:50	72	5:20	6.50	34:53	5:21	8	7:48	70	10:41	
Lap 3	3.25	17:29	5:22	4	3:24	57	4:58	9.75	52:22	5:22	7	11:12	66	15:39	
Lap 4	3.25	17:46	5:28	6	2:55	58	5:04	13.00	1:10:08	5:23	6	14:07	62	20:26	
Lap 5	3.25	17:31	5:23	5	2:42	53	4:35	16.25	1:27:39	5:23	5	16:49	59	25:00	
Lap 6	3.25	17:49	5:28	5	2:58	52	4:54	19.50	1:45:28	5:24	5	19:47	58	29:39	
Last lap Finish	3.25	18:04	5:33	6	3:22	58	5:27	22.75	2:03:32	5:25	5	23:09	58	35:01	