



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Boeskov, Tue

Club: København N

Number: 510

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:05:37

Speed: 10.26 km/h

Running performance: 5:49 min/km

Rank in course/Total: 61 (of 119)

Rank in course/Men: 57 (of 107)

Best time in course: 2:53:03

Rank in category: 13(of 24)

Best time in the category: 2:53:03

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	19:02	5:51	20	6:56	88	7:13	3.25	19:02	5:51	20	6:56	88	7:13
Lap 2	3.25	17:36	5:24	15	4:51	60	4:56	6.50	36:38	5:38	17	11:45	71	12:09
Lap 3	3.25	15:46	4:51	8	3:15	23	3:15	9.75	52:24	5:22	15	14:45	58	15:11
Lap 4	3.25	17:15	5:18	13	4:36	50	4:36	13.00	1:09:39	5:21	15	19:21	55	19:39
Lap 5	3.25	17:21	5:20	11	4:23	47	4:24	16.25	1:27:00	5:21	14	23:44	54	24:03
Lap 6	3.25	17:42	5:26	13	4:36	54	4:36	19.50	1:44:42	5:22	13	28:20	53	28:33
Lap 7	3.25	17:34	5:24	12	4:30	44	4:30	22.75	2:02:16	5:22	13	32:50	53	32:50
Lap 8	3.25	18:48	5:47	14	5:43	57	5:43	26.00	2:21:04	5:25	13	38:33	54	38:33
Lap 9	3.25	20:23	6:16	17	6:48	68	6:48	29.25	2:41:27	5:31	14	45:21	56	45:21
Lap 10	3.25	20:42	6:22	16	6:35	65	6:35	32.50	3:02:09	5:36	15	51:56	57	51:56
Lap 11	3.25	20:44	6:22	14	6:47	61	6:47	35.75	3:22:53	5:40	14	58:43	56	58:43
Lap 12	3.25	21:04	6:28	14	7:02	59	7:02	39.00	3:43:57	5:44	14	1:05:45	56	1:05:45
Last lap Finish	3.25	21:40	6:40	15	6:49	60	6:49	42.25	4:05:37	5:48	13	1:12:34	57	1:12:34