



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: 10.32 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 |