



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Mustonen, Juhani

Club: Helsinki

Number: 594

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 4:12:19

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 69 (of 119)

Rank in course/Men: 64 (of 107)

Best time in course: 2:53:03

Rank in category: 8(of 10)

Best time in the category: 2:59:21

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	19:11	5:54	10	7:22	91	7:22	3.25	19:11	5:54	10	7:22	91	7:22
Lap 2	3.25	18:20	5:38	9	5:40	70	5:40	6.50	37:31	5:46	9	13:02	81	13:02
Lap 3	3.25	18:07	5:34	9	5:23	65	5:36	9.75	55:38	5:42	9	18:25	76	18:25
Lap 4	3.25	18:05	5:33	9	5:18	62	5:26	13.00	1:13:43	5:40	9	23:43	72	23:43
Lap 5	3.25	18:01	5:32	8	5:04	62	5:04	16.25	1:31:44	5:38	9	28:47	69	28:47
Lap 6	3.25	18:23	5:39	8	5:11	63	5:17	19.50	1:50:07	5:38	9	33:58	70	33:58
Lap 7	3.25	18:28	5:40	8	5:11	59	5:24	22.75	2:08:35	5:39	9	39:09	69	39:09
Lap 8	3.25	18:26	5:40	6	5:13	51	5:21	26.00	2:27:01	5:39	8	44:22	67	44:30
Lap 9	3.25	21:52	6:43	9	8:01	89	8:17	29.25	2:48:53	5:46	8	52:23	70	52:47
Lap 10	3.25	17:05	5:15	3	1:30	20	2:58	32.50	3:05:58	5:43	8	53:34	65	55:45
Lap 11	3.25	21:24	6:35	8	6:51	66	7:27	35.75	3:27:22	5:48	8	1:00:25	65	1:03:12
Lap 12	3.25	22:29	6:55	8	6:47	75	8:27	39.00	3:49:51	5:53	8	1:07:12	64	1:11:39
Last lap Finish	3.25	22:28	6:54	9	5:47	70	7:37	42.25	4:12:19	5:58	8	1:12:58	64	1:19:16