



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kaikuvuo, Ilkka

Club: Tampereen Sisu

Number: 557

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:12:19

Speed: 9.99 km/h

Running performance: 5:58 min/km

Rank in course/Total: 70 (of 119)

Rank in course/Men: 64 (of 107)

Best time in course: 2:53:03

Rank in category: 6(of 9)

Best time in the category: 3:07:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	19:10	5:53	7	6:46	89	7:21	3.25	19:10	5:53	7	6:46	89	7:21
Lap 2	3.25	18:21	5:38	6	5:04	71	5:41	6.50	37:31	5:46	6	11:50	81	13:02
Lap 3	3.25	18:07	5:34	6	4:26	65	5:36	9.75	55:38	5:42	6	16:16	76	18:25
Lap 4	3.25	18:05	5:33	6	4:17	62	5:26	13.00	1:13:43	5:40	6	20:30	72	23:43
Lap 5	3.25	18:01	5:32	7	3:52	62	5:04	16.25	1:31:44	5:38	6	24:22	69	28:47
Lap 6	3.25	18:22	5:39	6	4:13	62	5:16	19.50	1:50:06	5:38	7	28:26	69	33:57
Lap 7	3.25	18:29	5:41	6	4:06	61	5:25	22.75	2:08:35	5:39	7	32:23	69	39:09
Lap 8	3.25	18:25	5:40	4	3:53	48	5:20	26.00	2:27:00	5:39	6	35:48	65	44:29
Lap 9	3.25	19:10	5:53	5	4:35	56	5:35	29.25	2:46:10	5:40	7	40:03	65	50:04
Lap 10	3.25	19:47	6:05	6	4:37	59	5:40	32.50	3:05:57	5:43	7	44:40	64	55:44
Lap 11	3.25	21:25	6:35	6	5:33	69	7:28	35.75	3:27:22	5:48	7	50:13	65	1:03:12
Lap 12	3.25	22:29	6:55	7	7:22	75	8:27	39.00	3:49:51	5:53	6	57:35	64	1:11:39
Last lap Finish	3.25	22:28	6:54	7	7:05	70	7:37	42.25	4:12:19	5:58	6	1:04:40	64	1:19:16