



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Carlson, Peter

Club: Roskilde

Number: 517

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:38:03

Speed: 9.12 km/h

Running performance: 6:35 min/km

Rank in course/Total: 100 (of 119)

Rank in course/Men: 92 (of 107)

Best time in course: 2:53:03

Rank in category: 24(of 24)

Best time in the category: 3:08:05

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:49	5:47	22	5:41	87	7:00	3.25	18:49	5:47	22	5:41	87	7:00
Lap 2	3.25	19:26	5:58	20	5:37	89	6:46	6.50	38:15	5:53	21	11:12	88	13:46
Lap 3	3.25	19:22	5:57	19	5:44	85	6:51	9.75	57:37	5:54	20	16:47	88	20:24
Lap 4	3.25	19:42	6:03	20	5:58	86	7:03	13.00	1:17:19	5:56	20	22:45	87	27:19
Lap 5	3.25	19:40	6:03	19	5:50	84	6:43	16.25	1:36:59	5:58	20	28:35	86	34:02
Lap 6	3.25	20:20	6:15	21	6:11	88	7:14	19.50	1:57:19	6:00	20	34:46	86	41:10
Lap 7	3.25	21:32	6:37	23	7:27	94	8:28	22.75	2:18:51	6:06	20	42:13	86	49:25
Lap 8	3.25	22:30	6:55	24	7:39	98	9:25	26.00	2:41:21	6:12	21	49:46	88	58:50
Lap 9	3.25	22:10	6:49	24	7:16	94	8:35	29.25	3:03:31	6:16	21	56:56	87	1:07:25
Lap 10	3.25	23:09	7:07	23	7:50	92	9:02	32.50	3:26:40	6:21	23	1:04:46	91	1:16:27
Lap 11	3.25	23:34	7:15	22	8:21	88	9:37	35.75	3:50:14	6:26	23	1:13:07	92	1:26:04
Lap 12	3.25	24:01	7:23	23	8:16	91	9:59	39.00	4:14:15	6:31	23	1:21:23	92	1:36:03
Last lap Finish	3.25	23:48	7:19	23	8:35	87	8:57	42.25	4:38:03	6:34	24	1:29:58	92	1:45:00