



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

STAAL, Finn

Club: Blovströd Löverne

Number: 795

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:44:09

Speed: 11.31 km/h

Running performance: 5:19 min/km

Rank in course/Total: 40 (of 168)

Rank in course/Men: 37 (of 144)

Best time in course: 2:45:49

Rank in category: 7(of 25)

Best time in the category: 3:13:28

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	15:10	4:39	7	1:15	30	4:16	3.25	15:10	4:39	7	1:15	30	4:16
Lap 2	3.25	15:48	4:51	7	2:08	35	4:01	6.50	30:58	4:45	7	3:23	32	8:17
Lap 3	3.25	15:58	4:54	7	2:13	35	3:33	9.75	46:56	4:48	7	5:36	31	11:50
Lap 4	3.25	16:14	4:59	7	2:11	34	3:37	13.00	1:03:10	4:51	7	7:47	31	15:27
Lap 5	3.25	16:33	5:05	7	2:06	37	4:13	16.25	1:19:43	4:54	7	9:53	33	19:40
Lap 6	3.25	16:37	5:06	7	2:18	35	4:13	19.50	1:36:20	4:56	7	12:11	33	23:53
Lap 7	3.25	17:04	5:15	7	2:43	39	4:16	22.75	1:53:24	4:59	7	14:54	36	28:09
Lap 8	3.25	17:07	5:15	7	2:37	36	4:18	26.00	2:10:31	5:01	7	17:31	36	32:27
Lap 9	3.25	17:50	5:29	7	2:55	41	4:42	29.25	2:28:21	5:04	7	20:26	35	37:04
Lap 10	3.25	18:07	5:34	7	2:42	41	5:17	32.50	2:46:28	5:07	7	22:51	35	42:21
Lap 11	3.25	19:15	5:55	9	3:41	52	5:45	35.75	3:05:43	5:11	7	25:54	36	48:06
Lap 12	3.25	19:17	5:56	7	3:50	46	5:20	39.00	3:25:00	5:15	7	28:24	37	53:26
Last lap Finish	3.25	19:09	5:53	6	4:23	45	5:17	42.25	3:44:09	5:18	7	30:41	37	58:20