



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LARSEN, Christian

Club: Team ACTREME

Number: 713

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:13:40

Speed: 9.93 km/h

Running performance: 6:00 min/km

Rank in course/Total: 91 (of 168)

Rank in course/Men: 82 (of 144)

Best time in course: 2:45:49

Rank in category: 14(of 26)

Best time in the category: 2:51:32

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	19:06	5:52	19	7:00	113	8:12	3.25	19:06	5:52	19	7:00	113	8:12
Lap 2	3.25	19:01	5:51	18	6:26	111	7:14	6.50	38:07	5:51	18	13:26	114	15:26
Lap 3	3.25	19:37	6:02	20	6:50	117	7:12	9.75	57:44	5:55	19	20:16	115	22:38
Lap 4	3.25	18:08	5:34	15	5:15	88	5:31	13.00	1:15:52	5:50	18	25:31	106	28:09
Lap 5	3.25	18:26	5:40	15	5:35	86	6:06	16.25	1:34:18	5:48	17	31:06	103	34:15
Lap 6	3.25	18:23	5:39	13	5:42	81	5:59	19.50	1:52:41	5:46	17	36:48	100	40:14
Lap 7	3.25	18:40	5:44	13	5:51	76	5:52	22.75	2:11:21	5:46	17	42:39	97	46:06
Lap 8	3.25	19:08	5:53	12	5:55	73	6:19	26.00	2:30:29	5:47	17	48:34	93	52:25
Lap 9	3.25	19:52	6:06	11	6:44	70	6:44	29.25	2:50:21	5:49	16	55:18	90	59:04
Lap 10	3.25	19:53	6:07	12	6:23	68	7:03	32.50	3:10:14	5:51	16	1:01:41	86	1:06:07
Lap 11	3.25	21:00	6:27	13	6:57	74	7:30	35.75	3:31:14	5:54	14	1:08:38	85	1:13:37
Lap 12	3.25	22:32	6:56	16	8:16	91	8:35	39.00	3:53:46	5:59	14	1:16:47	84	1:22:12
Last lap Finish	3.25	19:54	6:07	11	5:42	65	6:02	42.25	4:13:40	6:00	14	1:22:08	82	1:27:51