



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Malzahn, Kai

Club: KS Sportsworld - Team Actreme
Number: 728

Course: 42.25 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:57:49

Speed: 14.26 km/h
Running performance: 4:13 min/km

Rank in course/Total: 2 (of 193)

Rank in course/Men: 2 (of 161)

Best time in course: 2:49:28

Rank in category: 1(of 28)

Best time in the category: 2:57:49

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	12:11	3:44	1	-	3	0:21	3.25	12:11	3:44	1	-	3	0:21
Lap 2	3.25	12:32	3:51	1	-	3	0:05	6.50	24:43	3:48	1	-	3	0:26
Lap 3	3.25	12:45	3:55	1	-	3	0:14	9.75	37:28	3:50	1	-	3	0:40
Lap 4	3.25	12:50	3:56	1	-	2	0:05	13.00	50:18	3:52	1	-	3	0:45
Lap 5	3.25	12:59	3:59	1	-	2	0:05	16.25	1:03:17	3:53	1	-	2	0:50
Lap 6	3.25	13:09	4:02	2	13:08	4	13:08	19.50	1:16:26	3:55	2	2:49	4	2:49
Lap 7	3.25	13:26	4:08	1	-	2	0:05	22.75	1:29:52	3:57	2	1:58	4	1:58
Lap 8	3.25	13:31	4:09	2	13:30	3	13:30	26.00	1:43:23	3:58	2	15:28	4	15:28
Lap 9	3.25	14:10	4:21	1	-	3	0:51	29.25	1:57:33	4:01	2	14:35	4	14:35
Lap 10	3.25	14:26	4:26	1	-	4	0:59	32.50	2:11:59	4:03	2	13:08	4	13:08
Lap 11	3.25	15:03	4:37	1	-	7	1:55	35.75	2:27:02	4:06	2	11:26	4	11:26
Lap 12	3.25	15:34	4:47	1	-	9	2:21	39.00	2:42:36	4:10	2	9:44	4	9:44
Last lap Finish	3.25	15:13	4:40	1	-	8	2:08	42.25	2:57:49	4:12	1	-	2	8:21