



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Serafimov, Pavel

Club: Nordea

Number: 810

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 3:52:25

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 59 (of 193)

Rank in course/Men: 55 (of 161)

Best time in course: 2:49:28

Rank in category: 8(of 9)

Best time in the category: 2:49:28

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	17:55	5:30	9	6:05	86	6:05	3.25	17:55	5:30	9	6:05	86	6:05
Lap 2	3.25	16:41	5:08	9	4:14	61	4:14	6.50	34:36	5:19	9	10:19	78	10:19
Lap 3	3.25	17:04	5:15	9	4:33	66	4:33	9.75	51:40	5:17	9	14:52	74	14:52
Lap 4	3.25	16:54	5:11	8	4:09	54	4:09	13.00	1:08:34	5:16	9	19:01	68	19:01
Lap 5	3.25	17:08	5:16	8	4:14	59	4:14	16.25	1:25:42	5:16	9	23:15	65	23:15
Lap 6	3.25	16:43	5:08	8	3:43	44	16:42	19.50	1:42:25	5:15	9	26:58	61	28:48
Lap 7	3.25	17:13	5:17	8	3:52	49	3:52	22.75	1:59:38	5:15	9	30:50	60	31:44
Lap 8	3.25	17:55	5:30	8	4:36	53	17:54	26.00	2:17:33	5:17	9	35:26	60	49:38
Lap 9	3.25	18:18	5:37	8	4:59	51	4:59	29.25	2:35:51	5:19	9	40:25	58	52:53
Lap 10	3.25	18:34	5:42	8	5:07	49	5:07	32.50	2:54:25	5:21	9	45:32	57	55:34
Lap 11	3.25	19:30	6:00	8	6:22	59	6:22	35.75	3:13:55	5:25	8	51:29	55	58:19
Lap 12	3.25	19:09	5:53	8	5:56	48	5:56	39.00	3:33:04	5:27	8	56:41	54	1:00:12
Last lap Finish	3.25	19:21	5:57	8	6:16	60	6:16	42.25	3:52:25	5:30	8	1:02:57	55	1:02:57