



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Toft, Ole

Total time: 3:54:07

Club: AllWorldAthlete.com - Odense Triathlon Klub
Number: 831

Speed: 10.76 km/h
Running performance: 5:32 min/km

Course: 42.25 km
Marathon

Rank in course/Total: 60 (of 193)

Rank in course/Men: 56 (of 161)

Best time in course: 2:49:28

Category:

Rank in category: 9(of 28)

Senioren M40 (40-44 Jahre)

Best time in the category: 2:57:49

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	18:41	5:44	20	6:30	109	6:51	3.25	18:41	5:44	20	6:30	109	6:51
Lap 2	3.25	18:43	5:45	22	6:11	116	6:16	6.50	37:24	5:45	21	12:41	113	13:07
Lap 3	3.25	18:47	5:46	19	6:02	113	6:16	9.75	56:11	5:45	20	18:43	112	19:23
Lap 4	3.25	17:51	5:29	13	5:01	82	5:06	13.00	1:14:02	5:41	18	23:44	106	24:29
Lap 5	3.25	17:38	5:25	13	4:39	71	4:44	16.25	1:31:40	5:38	17	28:23	96	29:13
Lap 6	3.25	17:33	5:24	10	17:32	65	17:32	19.50	1:49:13	5:36	16	35:36	92	35:36
Lap 7	3.25	17:56	5:31	11	4:30	68	4:35	22.75	2:07:09	5:35	16	39:15	90	39:15
Lap 8	3.25	17:42	5:26	7	17:41	47	17:41	26.00	2:24:51	5:34	12	56:56	81	56:56
Lap 9	3.25	17:46	5:28	6	3:36	41	4:27	29.25	2:42:37	5:33	12	59:39	76	59:39
Lap 10	3.25	17:40	5:26	5	3:14	38	4:13	32.50	3:00:17	5:32	11	1:01:26	70	1:01:26
Lap 11	3.25	18:34	5:42	7	3:31	42	5:26	35.75	3:18:51	5:33	11	1:03:15	66	1:03:15
Lap 12	3.25	18:19	5:38	5	2:45	34	5:06	39.00	3:37:10	5:34	11	1:04:18	63	1:04:18
Last lap Finish	3.25	16:57	5:12	2	1:44	22	3:52	42.25	3:54:07	5:32	9	56:18	56	1:04:39