



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hannemose, Henrik

Club: Virum
Number: 669

Course: 42.25 km
Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 4:00:32

Speed: 10.54 km/h
Running performance: 5:41 min/km

Rank in course/Total: 75 (of 193)

Rank in course/Men: 69 (of 161)

Best time in course: 2:49:28

Rank in category: 10(of 10)

Best time in the category: 3:12:41

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	13:53	4:16	2	0:36	15	2:03	3.25	13:53	4:16	2	0:36	15	2:03
Lap 2	3.25	14:23	4:25	2	0:39	14	1:56	6.50	28:16	4:20	2	1:15	15	3:59
Lap 3	3.25	14:52	4:34	3	0:38	21	2:21	9.75	43:08	4:25	2	1:53	15	6:20
Lap 4	3.25	15:03	4:37	3	0:36	21	2:18	13.00	58:11	4:28	2	2:29	15	8:38
Lap 5	3.25	14:50	4:33	2	0:11	15	1:56	16.25	1:13:01	4:29	2	2:14	16	10:34
Lap 6	3.25	15:18	4:42	2	15:17	19	15:17	19.50	1:28:19	4:31	3	14:39	19	14:42
Lap 7	3.25	15:25	4:44	2	0:52	20	2:04	22.75	1:43:44	4:33	3	15:31	19	15:50
Lap 8	3.25	15:54	4:53	2	1:27	23	15:53	26.00	1:59:38	4:36	3	16:58	18	31:43
Lap 9	3.25	16:46	5:09	4	2:20	34	3:27	29.25	2:16:24	4:39	3	19:18	19	33:26
Lap 10	3.25	23:19	7:10	10	9:07	128	9:52	32.50	2:39:43	4:54	4	28:25	31	40:52
Lap 11	3.25	25:42	7:54	10	11:00	146	12:34	35.75	3:05:25	5:11	5	39:25	41	49:49
Lap 12	3.25	27:10	8:21	10	11:42	153	13:57	39.00	3:32:35	5:27	8	51:07	52	59:43
Last lap Finish	3.25	27:57	8:35	9	11:28	150	14:52	42.25	4:00:32	5:41	10	47:51	69	1:11:04