



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Christensen, Lars

Club: Klub 100 Marathon Danmark

Number: 624

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:23:24

Speed: 9.57 km/h

Running performance: 6:14 min/km

Rank in course/Total: 121 (of 193)

Rank in course/Men: 107 (of 161)

Best time in course: 2:49:28

Rank in category: 10(of 20)

Best time in the category: 3:36:40

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	18:44	5:45	9	3:25	111	6:54	3.25	18:44	5:45	9	3:25	111	6:54
Lap 2	3.25	18:40	5:44	11	2:24	115	6:13	6.50	37:24	5:45	10	5:49	113	13:07
Lap 3	3.25	19:36	6:01	12	4:13	133	7:05	9.75	57:00	5:50	11	9:01	119	20:12
Lap 4	3.25	19:04	5:51	11	3:30	112	6:19	13.00	1:16:04	5:51	11	12:31	116	26:31
Lap 5	3.25	18:52	5:48	7	3:13	102	5:58	16.25	1:34:56	5:50	10	15:44	113	32:29
Lap 6	3.25	18:33	5:42	6	2:45	85	18:32	19.50	1:53:29	5:49	10	18:29	109	39:52
Lap 7	3.25	19:02	5:51	5	3:01	90	5:41	22.75	2:12:31	5:49	9	21:30	104	44:37
Lap 8	3.25	19:59	6:08	8	4:06	100	19:58	26.00	2:32:30	5:51	9	25:36	102	1:04:35
Lap 9	3.25	20:05	6:10	8	3:50	91	6:46	29.25	2:52:35	5:54	9	29:26	102	1:09:37
Lap 10	3.25	25:00	7:41	19	8:01	149	11:33	32.50	3:17:35	6:04	10	37:27	108	1:18:44
Lap 11	3.25	21:18	6:33	7	3:06	91	8:10	35.75	3:38:53	6:07	10	40:33	107	1:23:17
Lap 12	3.25	23:01	7:04	11	4:17	113	9:48	39.00	4:01:54	6:12	10	44:50	108	1:29:02
Last lap Finish	3.25	21:30	6:36	11	3:51	99	8:25	42.25	4:23:24	6:14	10	46:44	107	1:33:56