



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Belderbos, Machiel

Club: Den Haag

Number: 610

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:27:05

Speed: 9.49 km/h

Running performance: 6:19 min/km

Rank in course/Total: 130 (of 193)

Rank in course/Men: 115 (of 161)

Best time in course: 2:49:28

Rank in category: 26(of 27)

Best time in the category: 2:58:14

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	20:05	6:10	25	8:15	135	8:15	3.25	20:05	6:10	25	8:15	135	8:15
Lap 2	3.25	18:53	5:48	23	6:26	122	6:26	6.50	38:58	5:59	24	14:41	128	14:41
Lap 3	3.25	18:44	5:45	22	6:00	110	6:13	9.75	57:42	5:55	24	20:41	122	20:54
Lap 4	3.25	18:45	5:46	22	5:37	105	6:00	13.00	1:16:27	5:52	22	26:18	120	26:54
Lap 5	3.25	19:13	5:54	23	5:38	108	6:19	16.25	1:35:40	5:53	22	31:33	119	33:13
Lap 6	3.25	19:22	5:57	23	5:45	105	19:21	19.50	1:55:02	5:53	22	36:22	118	41:25
Lap 7	3.25	20:10	6:12	23	6:17	109	6:49	22.75	2:15:12	5:56	23	41:44	116	47:18
Lap 8	3.25	20:56	6:26	26	6:33	117	20:55	26.00	2:36:08	6:00	23	48:06	115	1:08:13
Lap 9	3.25	21:49	6:42	24	7:32	119	8:30	29.25	2:57:57	6:05	25	55:38	117	1:14:59
Lap 10	3.25	22:51	7:01	25	9:01	123	9:24	32.50	3:20:48	6:10	25	1:04:39	116	1:21:57
Lap 11	3.25	22:27	6:54	24	8:39	112	9:19	35.75	3:43:15	6:14	26	1:13:18	116	1:27:39
Lap 12	3.25	22:39	6:58	24	8:13	107	9:26	39.00	4:05:54	6:18	26	1:21:31	115	1:33:02
Last lap Finish	3.25	21:11	6:31	24	7:20	95	8:06	42.25	4:27:05	6:19	26	1:28:51	115	1:37:37