



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Jensen, Michael Aagaard

Club: Klub 100 Marathon Danmark

Number: 690

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:29:06

Speed: 9.42 km/h

Running performance: 6:22 min/km

Rank in course/Total: 133 (of 193)

Rank in course/Men: 117 (of 161)

Best time in course: 2:49:28

Rank in category: 24(of 35)

Best time in the category: 3:16:40

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	18:29	5:41	19	3:45	101	6:39	3.25	18:29	5:41	19	3:45	101	6:39
Lap 2	3.25	18:46	5:46	22	4:10	117	6:19	6.50	37:15	5:43	22	7:46	110	12:58
Lap 3	3.25	19:27	5:59	27	4:43	127	6:56	9.75	56:42	5:48	23	12:29	117	19:54
Lap 4	3.25	19:29	5:59	26	4:42	124	6:44	13.00	1:16:11	5:51	24	17:11	117	26:38
Lap 5	3.25	19:25	5:58	24	4:45	110	6:31	16.25	1:35:36	5:52	24	21:56	118	33:09
Lap 6	3.25	20:03	6:10	27	5:30	120	20:02	19.50	1:55:39	5:55	25	27:26	121	42:02
Lap 7	3.25	22:10	6:49	33	7:43	143	8:49	22.75	2:17:49	6:03	26	35:09	127	49:55
Lap 8	3.25	20:36	6:20	25	6:10	108	20:35	26.00	2:38:25	6:05	26	41:19	124	1:10:30
Lap 9	3.25	21:15	6:32	23	6:19	109	7:56	29.25	2:59:40	6:08	26	47:38	121	1:16:42
Lap 10	3.25	22:53	7:02	27	7:33	124	9:26	32.50	3:22:33	6:13	27	55:11	121	1:23:42
Lap 11	3.25	22:01	6:46	23	6:18	106	8:53	35.75	3:44:34	6:16	26	1:01:22	118	1:28:58
Lap 12	3.25	22:32	6:56	22	7:09	106	9:19	39.00	4:07:06	6:20	25	1:07:32	118	1:34:14
Last lap Finish	3.25	22:00	6:46	21	6:49	104	8:55	42.25	4:29:06	6:22	24	1:12:26	117	1:39:38