



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Dia, Niclas

Club: Rolls-Royce IF

Number: 630

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:57:58

Speed: 8.46 km/h

Running performance: 7:03 min/km

Rank in course/Total: 177 (of 193)

Rank in course/Men: 149 (of 161)

Best time in course: 2:49:28

Rank in category: 18(of 20)

Best time in the category: 3:36:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:13	6:13	14	4:54	138	8:23	3.25	20:13	6:13	14	4:54	138	8:23
Lap 2	3.25	20:34	6:19	15	4:18	148	8:07	6.50	40:47	6:16	16	9:12	147	16:30
Lap 3	3.25	21:52	6:43	18	6:29	153	9:21	9.75	1:02:39	6:25	17	14:40	153	25:51
Lap 4	3.25	21:32	6:37	18	5:58	151	8:47	13.00	1:24:11	6:28	17	20:38	153	34:38
Lap 5	3.25	22:04	6:47	18	6:25	153	9:10	16.25	1:46:15	6:32	17	27:03	152	43:48
Lap 6	3.25	22:14	6:50	18	6:26	149	22:13	19.50	2:08:29	6:35	17	33:29	152	54:52
Lap 7	3.25	22:56	7:03	18	6:55	149	9:35	22.75	2:31:25	6:39	15	40:24	150	1:03:31
Lap 8	3.25	23:07	7:06	17	7:14	147	23:06	26.00	2:54:32	6:42	17	47:38	151	1:26:37
Lap 9	3.25	23:13	7:08	16	6:58	142	9:54	29.25	3:17:45	6:45	17	54:36	150	1:34:47
Lap 10	3.25	24:27	7:31	16	7:28	141	11:00	32.50	3:42:12	6:50	17	1:02:04	150	1:43:21
Lap 11	3.25	24:56	7:40	18	6:44	140	11:48	35.75	4:07:08	6:54	17	1:08:48	149	1:51:32
Lap 12	3.25	25:41	7:54	17	6:57	139	12:28	39.00	4:32:49	6:59	18	1:15:45	150	1:59:57
Last lap Finish	3.25	25:09	7:44	16	7:30	134	12:04	42.25	4:57:58	7:03	18	1:21:18	149	2:08:30