



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**De Nigris, Massimo**

Club: ACTIVA ASD

Number: 627

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 5:12:24

Speed: 8.11 km/h

Running performance: 7:23 min/km

Rank in course/Total: 187 (of 193)

Rank in course/Men: 156 (of 161)

Best time in course: 2:49:28

Rank in category: 27(of 27)

Best time in the category: 2:58:14

### 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	18:30	5:41	20	6:40	102	6:40	3.25	18:30	5:41	20	6:40	102	6:40
Lap 2	3.25	18:19	5:38	22	5:52	110	5:52	6.50	36:49	5:39	22	12:32	107	12:32
Lap 3	3.25	19:49	6:05	26	7:05	136	7:18	9.75	56:38	5:48	22	19:37	116	19:50
Lap 4	3.25	20:54	6:25	27	7:46	142	8:09	13.00	1:17:32	5:57	25	27:23	126	27:59
Lap 5	3.25	21:56	6:44	27	8:21	152	9:02	16.25	1:39:28	6:07	26	35:21	132	37:01
Lap 6	3.25	22:45	7:00	27	9:08	154	22:44	19.50	2:02:13	6:16	27	43:33	141	48:36
Lap 7	3.25	23:54	7:21	27	10:01	153	10:33	22.75	2:26:07	6:25	27	52:39	142	58:13
Lap 8	3.25	28:04	8:38	27	13:41	160	28:03	26.00	2:54:11	6:41	27	1:06:09	149	1:26:16
Lap 9	3.25	27:16	8:23	27	12:59	158	13:57	29.25	3:21:27	6:53	27	1:19:08	154	1:38:29
Lap 10	3.25	26:16	8:04	27	12:26	153	12:49	32.50	3:47:43	7:00	27	1:31:34	154	1:48:52
Lap 11	3.25	27:52	8:34	27	14:04	158	14:44	35.75	4:15:35	7:08	27	1:45:38	154	1:59:59
Lap 12	3.25	26:44	8:13	27	12:18	149	13:31	39.00	4:42:19	7:14	27	1:57:56	155	2:09:27
Last lap Finish	3.25	30:05	9:15	27	16:14	156	17:00	42.25	5:12:24	7:23	27	2:14:10	156	2:22:56