



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Malzahn, Kai

Club: Team Actreme - KS Sportsworld

Number: 729

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:11:45

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 6 (of 185)

Rank in course/Men: 6 (of 161)

Best time in course: 2:53:52

Rank in category: 2(of 24)

Best time in the category: 3:10:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	11:55	3:39	1	-	2	0:08	3.25	11:55	3:39	1	-	2	0:08
Lap 2	3.25	12:31	3:51	1	-	2	12:30	6.50	24:26	3:45	1	-	2	7:11
Lap 3	3.25	12:54	3:58	1	-	3	0:04	9.75	37:20	3:49	1	-	3	3:56
Lap 4	3.25	13:18	4:05	1	-	4	0:20	13.00	50:38	3:53	1	-	4	0:59
Lap 5	3.25	13:26	4:08	1	-	2	0:14	16.25	1:04:04	3:56	1	-	2	0:29
Lap 6	3.25	13:49	4:15	1	-	5	0:31	19.50	1:17:53	3:59	1	-	3	1:00
Lap 7	3.25	13:54	4:16	1	-	3	0:32	22.75	1:31:47	4:02	1	-	3	1:19
Lap 8	3.25	14:29	4:27	1	-	5	14:28	26.00	1:46:16	4:05	1	-	4	2:03
Lap 9	3.25	14:47	4:32	2	0:04	5	0:48	29.25	2:01:03	4:08	1	-	4	2:51
Lap 10	3.25	16:57	5:12	4	1:52	14	3:01	32.50	2:18:00	4:14	1	-	5	5:42
Lap 11	3.25	18:41	5:44	9	18:40	39	18:40	35.75	2:36:41	4:22	1	-	5	10:22
Lap 12	3.25	18:15	5:36	5	3:30	25	4:25	39.00	2:54:56	4:29	1	-	5	14:35
Last lap Finish	3.25	16:49	5:10	4	2:30	16	3:47	42.25	3:11:45	4:32	2	1:38	6	17:53