



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hviid, Per

Club: Klub 100 Marathon Danmark

Number: 687

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:40:28

Speed: 11.50 km/h

Running performance: 5:13 min/km

Rank in course/Total: 28 (of 185)

Rank in course/Men: 27 (of 161)

Best time in course: 2:53:52

Rank in category: 3(of 30)

Best time in the category: 3:39:08

Intermediate times				Stage score				Total ranking						
Control	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	13:45	4:13	1	-	12	1:58	3.25	13:45	4:13	1	-	12	1:58
Lap 2	3.25	14:04	4:19	1	-	10	14:03	6.50	27:49	4:16	1	-	10	10:34
Lap 3	3.25	14:29	4:27	1	-	12	1:39	9.75	42:18	4:20	1	-	10	8:54
Lap 4	3.25	14:51	4:34	1	-	12	1:53	13.00	57:09	4:23	1	-	10	7:30
Lap 5	3.25	15:26	4:44	1	-	15	2:14	16.25	1:12:35	4:28	1	-	13	9:00
Lap 6	3.25	16:10	4:58	1	-	24	2:52	19.50	1:28:45	4:33	1	-	14	11:52
Lap 7	3.25	16:24	5:02	1	-	21	3:02	22.75	1:45:09	4:37	1	-	17	14:41
Lap 8	3.25	17:25	5:21	3	0:28	37	17:24	26.00	2:02:34	4:42	1	-	18	18:21
Lap 9	3.25	17:56	5:31	4	0:53	41	3:57	29.25	2:20:30	4:48	1	-	18	22:18
Lap 10	3.25	19:29	5:59	8	2:20	59	5:33	32.50	2:39:59	4:55	1	-	22	27:41
Lap 11	3.25	20:36	6:20	9	3:10	67	20:35	35.75	3:00:35	5:03	1	-	24	34:16
Lap 12	3.25	20:58	6:27	10	3:45	67	7:08	39.00	3:21:33	5:10	1	-	25	41:12
Last lap Finish	3.25	18:55	5:49	5	1:40	44	5:53	42.25	3:40:28	5:13	3	1:20	27	46:36