



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Nielsen, Michael Zimmermann

Club: Klub 100 Marathon Denmark

Number: 741

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:47:07

Speed: 11.10 km/h

Running performance: 5:23 min/km

Rank in course/Total: 41 (of 185)

Rank in course/Men: 38 (of 161)

Best time in course: 2:53:52

Rank in category: 4(of 30)

Best time in the category: 3:39:08

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Stage score | | Total | Total | Total | Pos | Behind | Total ranking | | |
|-----------------|-------|-------|------|--------|-------------|------|-------|-------|---------|------|--------|---------------|-----|-------|
| | km | Time | | | min/km | Cat. | | | | | | Men | Men | Pos |
| Lap 1 | 3.25 | 16:04 | 4:56 | 4 | 2:19 | 37 | 4:17 | 3.25 | 16:04 | 4:56 | 4 | 2:19 | 37 | 4:17 |
| Lap 2 | 3.25 | 16:35 | 5:06 | 5 | 2:31 | 49 | 16:34 | 6.50 | 32:39 | 5:01 | 5 | 4:50 | 42 | 15:24 |
| Lap 3 | 3.25 | 17:25 | 5:21 | 7 | 2:56 | 60 | 4:35 | 9.75 | 50:04 | 5:08 | 5 | 7:46 | 47 | 16:40 |
| Lap 4 | 3.25 | 17:02 | 5:14 | 5 | 2:11 | 49 | 4:04 | 13.00 | 1:07:06 | 5:09 | 5 | 9:57 | 47 | 17:27 |
| Lap 5 | 3.25 | 17:22 | 5:20 | 5 | 1:56 | 50 | 4:10 | 16.25 | 1:24:28 | 5:11 | 5 | 11:53 | 49 | 20:53 |
| Lap 6 | 3.25 | 17:27 | 5:22 | 5 | 1:17 | 47 | 4:09 | 19.50 | 1:41:55 | 5:13 | 5 | 13:10 | 50 | 25:02 |
| Lap 7 | 3.25 | 18:10 | 5:35 | 6 | 1:46 | 55 | 4:48 | 22.75 | 2:00:05 | 5:16 | 5 | 14:56 | 50 | 29:37 |
| Lap 8 | 3.25 | 17:29 | 5:22 | 5 | 0:32 | 39 | 17:28 | 26.00 | 2:17:34 | 5:17 | 5 | 15:00 | 48 | 33:21 |
| Lap 9 | 3.25 | 17:33 | 5:24 | 3 | 0:30 | 34 | 3:34 | 29.25 | 2:35:07 | 5:18 | 5 | 14:37 | 46 | 36:55 |
| Lap 10 | 3.25 | 17:45 | 5:27 | 3 | 0:36 | 26 | 3:49 | 32.50 | 2:52:52 | 5:19 | 5 | 12:53 | 45 | 40:34 |
| Lap 11 | 3.25 | 17:54 | 5:30 | 3 | 0:28 | 26 | 17:53 | 35.75 | 3:10:46 | 5:20 | 4 | 10:11 | 42 | 44:27 |
| Lap 12 | 3.25 | 18:14 | 5:36 | 3 | 1:01 | 24 | 4:24 | 39.00 | 3:29:00 | 5:21 | 4 | 7:27 | 40 | 48:39 |
| Last lap Finish | 3.25 | 18:07 | 5:34 | 3 | 0:52 | 34 | 5:05 | 42.25 | 3:47:07 | 5:22 | 4 | 7:59 | 38 | 53:15 |