



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: 11.16 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		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
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