



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hiltunen, Jari

Club: Haslev

Number: 669

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:17:04

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 87 (of 185)

Rank in course/Men: 80 (of 161)

Best time in course: 2:53:52

Rank in category: 17(of 25)

Best time in the category: 3:06:58

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:46	5:46	20	6:42	105	6:59	3.25	18:46	5:46	20	6:42	105	6:59
Lap 2	3.25	18:09	5:35	18	5:26	93	18:08	6.50	36:55	5:40	19	12:08	103	19:40
Lap 3	3.25	18:22	5:39	17	5:22	86	5:32	9.75	55:17	5:40	19	17:30	96	21:53
Lap 4	3.25	18:41	5:44	17	5:35	84	5:43	13.00	1:13:58	5:41	19	23:05	94	24:19
Lap 5	3.25	18:14	5:36	13	4:48	67	5:02	16.25	1:32:12	5:40	17	27:53	88	28:37
Lap 6	3.25	18:18	5:37	11	4:41	64	5:00	19.50	1:50:30	5:40	17	32:34	81	33:37
Lap 7	3.25	20:19	6:15	17	6:20	98	6:57	22.75	2:10:49	5:45	18	38:54	84	40:21
Lap 8	3.25	19:52	6:06	14	19:51	84	19:51	26.00	2:30:41	5:47	17	44:17	84	46:28
Lap 9	3.25	19:55	6:07	14	5:03	70	5:56	29.25	2:50:36	5:49	17	49:20	82	52:24
Lap 10	3.25	20:13	6:13	13	4:29	73	6:17	32.50	3:10:49	5:52	17	53:23	80	58:31
Lap 11	3.25	22:05	6:47	16	6:07	86	22:04	35.75	3:32:54	5:57	17	58:35	82	1:06:35
Lap 12	3.25	21:49	6:42	16	5:30	80	7:59	39.00	3:54:43	6:01	17	1:03:40	81	1:14:22
Last lap Finish	3.25	22:21	6:52	21	6:26	99	9:19	42.25	4:17:04	6:05	17	1:10:06	80	1:23:12