



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kristensen, Dan

Club: Klub 100 ½ marathon Danmark

Number: 715

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:17:04

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 88 (of 185)

Rank in course/Men: 80 (of 161)

Best time in course: 2:53:52

Rank in category: 11(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	18:46	5:46	14	5:01	105	6:59	3.25	18:46	5:46	14	5:01	105	6:59
Lap 2	3.25	18:09	5:35	13	4:05	93	18:08	6.50	36:55	5:40	14	9:06	103	19:40
Lap 3	3.25	18:22	5:39	11	3:53	86	5:32	9.75	55:17	5:40	12	12:59	96	21:53
Lap 4	3.25	18:41	5:44	11	3:50	84	5:43	13.00	1:13:58	5:41	12	16:49	94	24:19
Lap 5	3.25	18:13	5:36	9	2:47	66	5:01	16.25	1:32:11	5:40	12	19:36	87	28:36
Lap 6	3.25	18:19	5:38	10	2:09	65	5:01	19.50	1:50:30	5:40	11	21:45	81	33:37
Lap 7	3.25	20:19	6:15	17	3:55	98	6:57	22.75	2:10:49	5:45	11	25:40	84	40:21
Lap 8	3.25	19:21	5:57	10	2:24	74	19:20	26.00	2:30:10	5:46	11	27:36	81	45:57
Lap 9	3.25	20:22	6:15	12	3:19	82	6:23	29.25	2:50:32	5:49	11	30:02	81	52:20
Lap 10	3.25	20:04	6:10	11	2:55	71	6:08	32.50	3:10:36	5:51	10	30:37	78	58:18
Lap 11	3.25	22:13	6:50	18	4:47	91	22:12	35.75	3:32:49	5:57	11	32:14	81	1:06:30
Lap 12	3.25	21:54	6:44	14	4:41	81	8:04	39.00	3:54:43	6:01	11	33:10	81	1:14:22
Last lap Finish	3.25	22:21	6:52	19	5:06	99	9:19	42.25	4:17:04	6:05	11	37:56	80	1:23:12