



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Groenhoej, Klaus

Club: Denmark

Number: 648

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:53:25

Speed: 8.64 km/h

Running performance: 6:56 min/km

Rank in course/Total: 155 (of 185)

Rank in course/Men: 139 (of 161)

Best time in course: 2:53:52

Rank in category: 34(of 40)

Best time in the category: 3:16:10

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Lap 1	3.25	19:32	6:00	29	6:42	116	7:45	3.25	19:32	6:00	29	6:42	116	7:45
Lap 2	3.25	20:40	6:21	37	7:13	149	20:39	6.50	40:12	6:11	33	13:55	134	22:57
Lap 3	3.25	19:59	6:08	33	6:12	131	7:09	9.75	1:00:11	6:10	32	20:07	131	26:47
Lap 4	3.25	20:19	6:15	32	6:10	132	7:21	13.00	1:20:30	6:11	30	26:17	130	30:51
Lap 5	3.25	21:12	6:31	35	6:57	138	8:00	16.25	1:41:42	6:15	31	33:14	132	38:07
Lap 6	3.25	20:15	6:13	28	5:43	115	6:57	19.50	2:01:57	6:15	30	38:57	128	45:04
Lap 7	3.25	20:55	6:26	27	6:07	115	7:33	22.75	2:22:52	6:16	30	45:04	126	52:24
Lap 8	3.25	20:44	6:22	25	5:53	96	20:43	26.00	2:43:36	6:17	29	50:39	125	59:23
Lap 9	3.25	22:53	7:02	31	7:14	124	8:54	29.25	3:06:29	6:22	30	57:53	126	1:08:17
Lap 10	3.25	24:20	7:29	34	8:21	131	10:24	32.50	3:30:49	6:29	32	1:06:14	131	1:18:31
Lap 11	3.25	24:56	7:40	32	8:43	131	24:55	35.75	3:55:45	6:35	32	1:14:29	132	1:29:26
Lap 12	3.25	28:27	8:45	38	12:12	153	14:37	39.00	4:24:12	6:46	33	1:25:30	136	1:43:51
Last lap Finish	3.25	29:13	8:59	35	13:00	145	16:11	42.25	4:53:25	6:56	34	1:37:15	139	1:59:33