



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Jensen, Lars

Club: Korsør

Number: 691

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:53:25

Speed: 8.64 km/h

Running performance: 6:56 min/km

Rank in course/Total: 156 (of 185)

Rank in course/Men: 139 (of 161)

Best time in course: 2:53:52

Rank in category: 25(of 25)

Best time in the category: 3:06:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	3.25	19:32	6:00	22	7:28	116	7:45	3.25	19:32	6:00	22	7:28	116	7:45
Lap 2	3.25	20:41	6:21	24	7:58	150	20:40	6.50	40:13	6:11	22	15:26	136	22:58
Lap 3	3.25	19:59	6:08	23	6:59	131	7:09	9.75	1:00:12	6:10	22	22:25	132	26:48
Lap 4	3.25	20:19	6:15	23	7:13	132	7:21	13.00	1:20:31	6:11	23	29:38	131	30:52
Lap 5	3.25	21:13	6:31	22	7:47	140	8:01	16.25	1:41:44	6:15	23	37:25	134	38:09
Lap 6	3.25	20:13	6:13	22	6:36	112	6:55	19.50	2:01:57	6:15	23	44:01	128	45:04
Lap 7	3.25	20:56	6:26	22	6:57	116	7:34	22.75	2:22:53	6:16	23	50:58	128	52:25
Lap 8	3.25	20:44	6:22	17	20:43	96	20:43	26.00	2:43:37	6:17	23	57:13	126	59:24
Lap 9	3.25	22:53	7:02	23	8:01	124	8:54	29.25	3:06:30	6:22	23	1:05:14	128	1:08:18
Lap 10	3.25	24:20	7:29	23	8:36	131	10:24	32.50	3:30:50	6:29	23	1:13:24	132	1:18:32
Lap 11	3.25	24:55	7:40	24	8:57	130	24:54	35.75	3:55:45	6:35	23	1:21:26	132	1:29:26
Lap 12	3.25	28:27	8:45	25	12:08	153	14:37	39.00	4:24:12	6:46	25	1:33:09	136	1:43:51
Last lap Finish	3.25	29:13	8:59	24	13:18	145	16:11	42.25	4:53:25	6:56	25	1:46:27	139	1:59:33