



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Christensen, Lars

Club: Klub 100 marathon Danmark

Number: 617

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:53:24

Speed: 8.64 km/h

Running performance: 6:56 min/km

Rank in course/Total: 154 (of 185)

Rank in course/Men: 138 (of 161)

Best time in course: 2:53:52

Rank in category: 26(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	20:28	6:17	24	6:43	136	8:41	3.25	20:28	6:17	24	6:43	136	8:41
Lap 2	3.25	19:44	6:04	24	5:40	134	19:43	6.50	40:12	6:11	25	12:23	134	22:57
Lap 3	3.25	20:00	6:09	23	5:31	133	7:10	9.75	1:00:12	6:10	24	17:54	132	26:48
Lap 4	3.25	20:19	6:15	24	5:28	132	7:21	13.00	1:20:31	6:11	23	23:22	131	30:52
Lap 5	3.25	21:13	6:31	27	5:47	140	8:01	16.25	1:41:44	6:15	24	29:09	134	38:09
Lap 6	3.25	20:13	6:13	18	4:03	112	6:55	19.50	2:01:57	6:15	23	33:12	128	45:04
Lap 7	3.25	20:56	6:26	21	4:32	116	7:34	22.75	2:22:53	6:16	23	37:44	128	52:25
Lap 8	3.25	20:44	6:22	18	3:47	96	20:43	26.00	2:43:37	6:17	23	41:03	126	59:24
Lap 9	3.25	22:52	7:02	25	5:49	123	8:53	29.25	3:06:29	6:22	24	45:59	126	1:08:17
Lap 10	3.25	24:18	7:28	27	7:09	130	10:22	32.50	3:30:47	6:29	25	50:48	130	1:18:29
Lap 11	3.25	24:51	7:38	26	7:25	129	24:50	35.75	3:55:38	6:35	25	55:03	131	1:29:19
Lap 12	3.25	25:11	7:44	25	7:58	125	11:21	39.00	4:20:49	6:41	26	59:16	132	1:40:28
Last lap Finish	3.25	32:35	10:01	30	15:20	154	19:33	42.25	4:53:24	6:56	26	1:14:16	138	1:59:32