



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Gürsch, Karsten

Club: team-naunheim.de

Number: 259

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:33:30

Speed: 14.12 km/h

Running performance: 4:07 min/km

Rank in course/Total: 6 (of 188)

Rank in course/Men: 5 (of 156)

Best time in course: 1:25:29

Rank in category: 4(of 30)

Best time in the category: 1:25:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	12:26	3:49	6	0:52	8	0:52	3.25	12:26	3:49	28			8	
Lap 2	3.25	12:59	3:59	4	0:42	6	0:42	6.50	25:25	3:54	28			8	
Lap 3	3.25	13:18	4:05	4	0:59	6	0:59	9.75	38:43	3:58	28			8	
Lap 4	3.25	13:20	4:06	3	1:01	4	1:01	13.00	52:03	4:00	28			7	3:34
Lap 5	3.25	13:37	4:11	3	1:19	4	1:19	16.25	1:05:40	4:02	28			6	4:53
Lap 6	3.25	13:50	4:15	3	1:25	4	1:25	19.50	1:19:30	4:04	27			6	6:18
Last lap Finish	3.25	14:00	4:18	4	1:43	8	1:43	22.75	1:33:30	4:06	4	8:01		5	8:01