



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Bender, Hans

Club: BSV EGGER Running Division
Number: 207

Course: 22.75 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:37:54

Speed: 13.48 km/h
Running performance: 4:18 min/km

Rank in course/Total: 10 (of 188)

Rank in course/Men: 10 (of 156)

Best time in course: 1:25:29

Rank in category: 3(of 16)

Best time in the category: 1:29:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		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	13:41	4:12	4	2:04	22	2:07	3.25	13:41	4:12	3	2:04	12		
Lap 2	3.25	13:33	4:10	3	1:01	12	1:16	6.50	27:14	4:11	3	3:05	12		
Lap 3	3.25	13:47	4:14	2	0:51	9	1:28	9.75	41:01	4:12	3	3:56	12		
Lap 4	3.25	14:36	4:29	4	1:27	18	2:17	13.00	55:37	4:16	3	5:23	11	7:08	
Lap 5	3.25	13:54	4:16	2	0:35	7	1:36	16.25	1:09:31	4:16	3	5:58	10	8:44	
Lap 6	3.25	14:15	4:23	2	1:01	8	1:50	19.50	1:23:46	4:17	3	6:59	10	10:34	
Last lap Finish	3.25	14:08	4:20	3	1:16	10	1:51	22.75	1:37:54	4:18	3	8:15	10	12:25	