



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Raff, Matthias

Club: team-naunheim.de

Number: 335

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:40:17

Speed: 13.16 km/h

Running performance: 4:25 min/km

Rank in course/Total: 13 (of 188)

Rank in course/Men: 13 (of 156)

Best time in course: 1:25:29

Rank in category: 4(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			Pos		Behind		
						Pos Men	Behind Men	km	Time	min/km	Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	12:46	3:55	2	1:09	10	1:12	3.25	12:46	3:55	4	1:09	15		
Lap 2	3.25	14:14	4:22	4	1:42	20	1:57	6.50	27:00	4:09	4	2:51	15		
Lap 3	3.25	14:23	4:25	4	1:27	19	2:04	9.75	41:23	4:14	4	4:18	15		
Lap 4	3.25	14:54	4:35	7	1:45	25	2:35	13.00	56:17	4:19	4	6:03	14	7:48	
Lap 5	3.25	14:58	4:36	6	1:39	22	2:40	16.25	1:11:15	4:23	4	7:42	13	10:28	
Lap 6	3.25	14:58	4:36	7	1:44	18	2:33	19.50	1:26:13	4:25	4	9:26	13	13:01	
Last lap Finish	3.25	14:04	4:19	2	1:12	9	1:47	22.75	1:40:17	4:24	4	10:38	13	14:48	