



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Pastowski, Ralf

Club: Viba- Anschütz-Team

Number: 332

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:40:28

Speed: 13.14 km/h

Running performance: 4:25 min/km

Rank in course/Total: 14 (of 188)

Rank in course/Men: 14 (of 156)

Best time in course: 1:25:29

Rank in category: 2(of 29)

Best time in the category: 1:34:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	13:42	4:12	5	1:15	23	2:08	3.25	13:42	4:12	29			16	
Lap 2	3.25	13:43	4:13	2	0:26	13	1:26	6.50	27:25	4:13	29			16	
Lap 3	3.25	14:07	4:20	2	0:37	16	1:48	9.75	41:32	4:15	29			16	
Lap 4	3.25	14:55	4:35	5	1:01	26	2:36	13.00	56:27	4:20	29			15	7:58
Lap 5	3.25	15:14	4:41	6	1:14	28	2:56	16.25	1:11:41	4:24	29			14	10:54
Lap 6	3.25	14:33	4:28	2	0:27	14	2:08	19.50	1:26:14	4:25	29			14	13:02
Last lap Finish	3.25	14:14	4:22	3	0:45	12	1:57	22.75	1:40:28	4:24	2	5:45	14	14:59	