



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Löber, Heiko

Club: Eisenacher LV

Number: 311

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:40:50

Speed: 13.09 km/h

Running performance: 4:26 min/km

Rank in course/Total: 17 (of 188)

Rank in course/Men: 17 (of 156)

Best time in course: 1:25:29

Rank in category: 8(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	13:09	4:02	7	1:35	14	1:35	3.25	13:09	4:02	24			19	
Lap 2	3.25	13:48	4:14	7	1:31	14	1:31	6.50	26:57	4:08	24			19	
Lap 3	3.25	14:00	4:18	7	1:41	14	1:41	9.75	40:57	4:12	24			19	
Lap 4	3.25	14:22	4:25	6	2:03	12	2:03	13.00	55:19	4:15	24			18	6:50
Lap 5	3.25	14:52	4:34	6	2:34	18	2:34	16.25	1:10:11	4:19	24			11	9:24
Lap 6	3.25	15:24	4:44	7	2:59	29	2:59	19.50	1:25:35	4:23	23			17	12:23
Last lap Finish	3.25	15:15	4:41	6	2:58	29	2:58	22.75	1:40:50	4:25	8	15:21		17	15:21