



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Grosche, Klaus

Club: FC ST.Pauli Triathlon

Number: 254

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:56

Speed: 12.82 km/h

Running performance: 4:31 min/km

Rank in course/Total: 23 (of 188)

Rank in course/Men: 23 (of 156)

Best time in course: 1:25:29

Rank in category: 4(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:59	4:18	6	1:32	32	2:25	3.25	13:59	4:18	27		25	
Lap 2	3.25	14:24	4:25	5	1:07	23	2:07	6.50	28:23	4:21	27		25	
Lap 3	3.25	14:35	4:29	5	1:05	23	2:16	9.75	42:58	4:24	27		25	
Lap 4	3.25	14:41	4:31	3	0:47	21	2:22	13.00	57:39	4:26	27		24	9:10
Lap 5	3.25	15:00	4:36	4	1:00	24	2:42	16.25	1:12:39	4:28	27		23	11:52
Lap 6	3.25	15:17	4:42	6	1:11	23	2:52	19.50	1:27:56	4:30	27		23	14:44
Last lap Finish	3.25	15:00	4:36	7	1:31	23	2:43	22.75	1:42:56	4:31	4	8:13	23	17:27