



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Jiptner, Bernd**

Club: VNAusbZentr Bw

Number: 282

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:43:53

Speed: 12.71 km/h

Running performance: 4:34 min/km

Rank in course/Total: 26 (of 188)

Rank in course/Men: 26 (of 156)

Best time in course: 1:25:29

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:28	4:08	3	1:01	19	1:54	3.25	13:28	4:08	26		28	
Lap 2	3.25	14:09	4:21	4	0:52	19	1:52	6.50	27:37	4:14	26		28	
Lap 3	3.25	14:38	4:30	6	1:08	26	2:19	9.75	42:15	4:19	26		28	
Lap 4	3.25	15:06	4:38	7	1:12	30	2:47	13.00	57:21	4:24	26		27	8:52
Lap 5	3.25	15:34	4:47	8	1:34	36	3:16	16.25	1:12:55	4:29	26		26	12:08
Lap 6	3.25	15:42	4:49	8	1:36	34	3:17	19.50	1:28:37	4:32	26		24	15:25
Last lap Finish	3.25	15:16	4:41	8	1:47	30	2:59	22.75	1:43:53	4:33	5	9:10	26	18:24