



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Vorrhein, Jörg

Club: Laufteam Gelnhausen

Number: 385

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:44:09

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 29 (of 188)

Rank in course/Men: 29 (of 156)

Best time in course: 1:25:29

Rank in category: 7(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	14:22	4:25	10	1:55	43	2:48	3.25	14:22	4:25	20			31	
Lap 2	3.25	14:54	4:35	8	1:37	38	2:37	6.50	29:16	4:30	24			31	
Lap 3	3.25	14:59	4:36	7	1:29	28	2:40	9.75	44:15	4:32	24			31	
Lap 4	3.25	15:03	4:37	6	1:09	29	2:44	13.00	59:18	4:33	24			30	10:49
Lap 5	3.25	14:57	4:35	3	0:57	21	2:39	16.25	1:14:15	4:34	24			29	13:28
Lap 6	3.25	15:01	4:37	3	0:55	19	2:36	19.50	1:29:16	4:34	24			29	16:04
Last lap Finish	3.25	14:53	4:34	6	1:24	22	2:36	22.75	1:44:09	4:34	7	9:26		29	18:40