



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Heinemann, Mario

Club: PLC

Number: 269

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:45:33

Speed: 12.51 km/h

Running performance: 4:38 min/km

Rank in course/Total: 32 (of 188)

Rank in course/Men: 32 (of 156)

Best time in course: 1:25:29

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:23	4:07	8	1:49	16	1:49	3.25	13:23	4:07	23		34	
Lap 2	3.25	14:57	4:35	12	2:40	42	2:40	6.50	28:20	4:21	23		34	
Lap 3	3.25	15:17	4:42	12	2:58	45	2:58	9.75	43:37	4:28	23		34	
Lap 4	3.25	15:28	4:45	10	3:09	42	3:09	13.00	59:05	4:32	23		33	10:36
Lap 5	3.25	15:27	4:45	9	3:09	34	3:09	16.25	1:14:32	4:35	23		30	13:45
Lap 6	3.25	15:23	4:44	6	2:58	27	2:58	19.50	1:29:55	4:36	22		32	16:43
Last lap Finish	3.25	15:38	4:48	7	3:21	35	3:21	22.75	1:45:33	4:38	9	20:04	32	20:04