



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Lesser, Steffen

Club: Bosch Eisenach

Number: 305

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:45:59

Speed: 12.45 km/h

Running performance: 4:40 min/km

Rank in course/Total: 33 (of 188)

Rank in course/Men: 33 (of 156)

Best time in course: 1:25:29

Rank in category: 10(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			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	13:24	4:07	9	1:50	17	1:50	3.25	13:24	4:07	22			35	
Lap 2	3.25	14:45	4:32	9	2:28	32	2:28	6.50	28:09	4:19	22			35	
Lap 3	3.25	15:00	4:36	9	2:41	29	2:41	9.75	43:09	4:25	22			35	
Lap 4	3.25	15:26	4:44	9	3:07	40	3:07	13.00	58:35	4:30	22			34	10:06
Lap 5	3.25	15:32	4:46	10	3:14	35	3:14	16.25	1:14:07	4:33	22			33	13:20
Lap 6	3.25	16:02	4:56	9	3:37	40	3:37	19.50	1:30:09	4:37	21			33	16:57
Last lap Finish	3.25	15:50	4:52	9	3:33	40	3:33	22.75	1:45:59	4:39	10	20:30		33	20:30