



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Röschke, Dirk

Club: Hörselberg Runners

Number: 347

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:35

Speed: 12.38 km/h

Running performance: 4:41 min/km

Rank in course/Total: 36 (of 188)

Rank in course/Men: 35 (of 156)

Best time in course: 1:25:29

Rank in category: 9(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	14:53	4:34	13	2:26	55	3:19	3.25	14:53	4:34	22	0:16	37		
Lap 2	3.25	15:32	4:46	15	2:15	56	3:15	6.50	30:25	4:40	18	0:44	37		
Lap 3	3.25	15:26	4:44	12	1:56	49	3:07	9.75	45:51	4:42	18	0:42	37		
Lap 4	3.25	15:36	4:47	10	1:42	45	3:17	13.00	1:01:27	4:43	22	0:12	36	12:58	
Lap 5	3.25	15:48	4:51	9	1:48	43	3:30	16.25	1:17:15	4:45	22		35	16:28	
Lap 6	3.25	15:24	4:44	7	1:18	29	2:59	19.50	1:32:39	4:45	22		35	19:27	
Last lap Finish	3.25	13:56	4:17	2	0:27	7	1:39	22.75	1:46:35	4:41	9	11:52	35	21:06	