



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: 12.81 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 | |