



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Möller, Manuel

Club: Nudelvergaser

Number: 323

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:48:14

Speed: 12.20 km/h

Running performance: 4:46 min/km

Rank in course/Total: 43 (of 188)

Rank in course/Men: 42 (of 156)

Best time in course: 1:25:29

Rank in category: 9(of 16)

Best time in the category: 1:29:39

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 | 13:57 | 4:17 | 6 | 2:20 | 30 | 2:23 | 3.25 | 13:57 | 4:17 | 9 | 2:20 | 44 | | |
| Lap 2 | 3.25 | 14:39 | 4:30 | 6 | 2:07 | 27 | 2:22 | 6.50 | 28:36 | 4:24 | 9 | 4:27 | 44 | | |
| Lap 3 | 3.25 | 15:16 | 4:41 | 9 | 2:20 | 44 | 2:57 | 9.75 | 43:52 | 4:29 | 9 | 6:47 | 44 | | |
| Lap 4 | 3.25 | 14:48 | 4:33 | 6 | 1:39 | 22 | 2:29 | 13.00 | 58:40 | 4:30 | 9 | 8:26 | 43 | 10:11 | |
| Lap 5 | 3.25 | 15:42 | 4:49 | 8 | 2:23 | 40 | 3:24 | 16.25 | 1:14:22 | 4:34 | 9 | 10:49 | 42 | 13:35 | |
| Lap 6 | 3.25 | 16:32 | 5:05 | 8 | 3:18 | 46 | 4:07 | 19.50 | 1:30:54 | 4:39 | 9 | 14:07 | 42 | 17:42 | |
| Last lap Finish | 3.25 | 17:20 | 5:19 | 14 | 4:28 | 70 | 5:03 | 22.75 | 1:48:14 | 4:45 | 9 | 18:35 | 42 | 22:45 | |