



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Seilkopf, Dominik

Club: Fettbemmenbrigade

Number: 369

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:48:42

Speed: 12.14 km/h

Running performance: 4:47 min/km

Rank in course/Total: 45 (of 188)

Rank in course/Men: 44 (of 156)

Best time in course: 1:25:29

Rank in category: 11(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	13:44	4:13	11	2:10	26	2:10	3.25	13:44	4:13	21		45	
Lap 2	3.25	14:46	4:32	10	2:29	33	2:29	6.50	28:30	4:23	21		45	
Lap 3	3.25	15:11	4:40	10	2:52	38	2:52	9.75	43:41	4:28	21		45	
Lap 4	3.25	15:38	4:48	11	3:19	47	3:19	13.00	59:19	4:33	21		25	10:50
Lap 5	3.25	16:12	4:59	12	3:54	54	3:54	16.25	1:15:31	4:38	21		31	14:44
Lap 6	3.25	17:14	5:18	14	4:49	67	4:49	19.50	1:32:45	4:45	20		43	19:33
Last lap Finish	3.25	15:57	4:54	11	3:40	43	3:40	22.75	1:48:42	4:46	11	23:13	44	23:13