



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Rudolph, Heiko

Club: team-naunheim.de

Number: 344

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:49:40

Speed: 12.04 km/h

Running performance: 4:49 min/km

Rank in course/Total: 50 (of 188)

Rank in course/Men: 48 (of 156)

Best time in course: 1:25:29

Rank in category: 4(of 23)

Best time in the category: 1:42:18

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	14:56	4:35	7	1:34	58	3:22	3.25	14:56	4:35	20		48	
Lap 2	3.25	15:22	4:43	6	1:06	54	3:05	6.50	30:18	4:39	20		48	
Lap 3	3.25	15:31	4:46	4	1:04	52	3:12	9.75	45:49	4:41	20		48	
Lap 4	3.25	15:37	4:48	4	0:59	46	3:18	13.00	1:01:26	4:43	20		47	12:57
Lap 5	3.25	16:08	4:57	4	1:10	53	3:50	16.25	1:17:34	4:46	20		46	16:47
Lap 6	3.25	16:24	5:02	4	1:01	44	3:59	19.50	1:33:58	4:49	20		46	20:46
Last lap Finish	3.25	15:42	4:49	4	0:28	36	3:25	22.75	1:49:40	4:49	4	7:22	48	24:11