



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Elmshäuser, Stefan

Club: team-naunheim.de

Number: 231

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:50:26

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 52 (of 188)

Rank in course/Men: 50 (of 156)

Best time in course: 1:25:29

Rank in category: 11(of 29)

Best time in the category: 1:34:43

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Pos Men	Behind Men							
Lap 1	3.25	14:04	4:19	7	1:37	33	2:30	3.25	14:04	4:19	21		50	
Lap 2	3.25	14:35	4:29	7	1:18	26	2:18	6.50	28:39	4:24	21		50	
Lap 3	3.25	15:10	4:39	9	1:40	37	2:51	9.75	43:49	4:29	21		50	
Lap 4	3.25	15:53	4:53	13	1:59	54	3:34	13.00	59:42	4:35	21		49	11:13
Lap 5	3.25	16:41	5:08	13	2:41	60	4:23	16.25	1:16:23	4:42	21		48	15:36
Lap 6	3.25	17:03	5:14	12	2:57	60	4:38	19.50	1:33:26	4:47	21		48	20:14
Last lap Finish	3.25	17:00	5:13	13	3:31	62	4:43	22.75	1:50:26	4:51	11	15:43	50	24:57