



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Steigerwald, Marco

Club: Laufteam Gelnhausen

Number: 376

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:52:03

Speed: 11.78 km/h

Running performance: 4:56 min/km

Rank in course/Total: 55 (of 188)

Rank in course/Men: 53 (of 156)

Best time in course: 1:25:29

Rank in category: 5(of 19)

Best time in the category: 1:41:40

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	15:29	4:45	5	1:31	73	3:55	3.25	15:29	4:45	15		54	
Lap 2	3.25	15:48	4:51	6	1:29	60	3:31	6.50	31:17	4:48	15		54	
Lap 3	3.25	15:58	4:54	6	1:23	62	3:39	9.75	47:15	4:50	15		54	
Lap 4	3.25	16:07	4:57	6	1:34	62	3:48	13.00	1:03:22	4:52	15		53	14:53
Lap 5	3.25	15:52	4:52	5	1:20	45	3:34	16.25	1:19:14	4:52	15		52	18:27
Lap 6	3.25	16:40	5:07	5	1:58	49	4:15	19.50	1:35:54	4:55	15		52	22:42
Last lap Finish	3.25	16:09	4:58	5	1:08	45	3:52	22.75	1:52:03	4:55	5	10:23	53	26:34