



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Preißing, Jens

Club: Neuwied

Number: 333

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:52:56

Speed: 11.69 km/h

Running performance: 4:58 min/km

Rank in course/Total: 59 (of 188)

Rank in course/Men: 57 (of 156)

Best time in course: 1:25:29

Rank in category: 12(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	15:06	4:38	14	3:32	64	3:32	3.25	15:06	4:38	20		59	
Lap 2	3.25	14:48	4:33	11	2:31	35	2:31	6.50	29:54	4:35	20		59	
Lap 3	3.25	15:11	4:40	10	2:52	38	2:52	9.75	45:05	4:37	20		59	
Lap 4	3.25	16:03	4:56	12	3:44	59	3:44	13.00	1:01:08	4:42	20		58	12:39
Lap 5	3.25	16:04	4:56	11	3:46	51	3:46	16.25	1:17:12	4:45	20		47	16:25
Lap 6	3.25	17:13	5:17	13	4:48	66	4:48	19.50	1:34:25	4:50	19		57	21:13
Last lap Finish	3.25	18:31	5:41	19	6:14	91	6:14	22.75	1:52:56	4:57	12	27:27	57	27:27