



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Schmitt, Holger

Club: team-naunheim.de

Number: 358

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:47

Speed: 11.50 km/h

Running performance: 5:03 min/km

Rank in course/Total: 64 (of 188)

Rank in course/Men: 62 (of 156)

Best time in course: 1:25:29

Rank in category: 14(of 29)

Best time in the category: 1:34:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:03	4:37	16	2:36	63	3:29	3.25	15:03	4:37	17	0:26	64	
Lap 2	3.25	15:24	4:44	14	2:07	55	3:07	6.50	30:27	4:41	17	0:46	64	
Lap 3	3.25	15:34	4:47	15	2:04	54	3:15	9.75	46:01	4:43	17	0:52	64	
Lap 4	3.25	16:03	4:56	14	2:09	59	3:44	13.00	1:02:04	4:46	17	0:49	63	13:35
Lap 5	3.25	16:55	5:12	14	2:55	63	4:37	16.25	1:18:59	4:51	17	0:36	62	18:12
Lap 6	3.25	17:42	5:26	18	3:36	80	5:17	19.50	1:36:41	4:57	1	-	62	23:29
Last lap Finish	3.25	18:06	5:34	18	4:37	83	5:49	22.75	1:54:47	5:02	14	20:04	62	29:18