



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Pasewaldt, Steven

Club: VfB IMO Merseburg

Number: 331

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:56:04

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 67 (of 188)

Rank in course/Men: 64 (of 156)

Best time in course: 1:25:29

Rank in category: 13(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	15:14	4:41	15	3:40	68	3:40	3.25	15:14	4:41	19		66	
Lap 2	3.25	16:19	5:01	16	4:02	76	4:02	6.50	31:33	4:51	19	0:04	66	
Lap 3	3.25	16:22	5:02	13	4:03	65	4:03	9.75	47:55	4:54	19		66	
Lap 4	3.25	16:33	5:05	13	4:14	64	4:14	13.00	1:04:28	4:57	19		65	15:59
Lap 5	3.25	17:22	5:20	16	5:04	77	5:04	16.25	1:21:50	5:02	19		64	21:03
Lap 6	3.25	17:20	5:19	15	4:55	69	4:55	19.50	1:39:10	5:05	18		64	25:58
Last lap Finish	3.25	16:54	5:11	13	4:37	57	4:37	22.75	1:56:04	5:06	13	30:35	64	30:35