



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Wolf, Roman

Club: LuT Aschaffenburg

Number: 402

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:56:06

Speed: 11.37 km/h

Running performance: 5:06 min/km

Rank in course/Total: 68 (of 188)

Rank in course/Men: 65 (of 156)

Best time in course: 1:25:29

Rank in category: 14(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	14:33	4:28	13	2:59	48	2:59	3.25	14:33	4:28	18		67	
Lap 2	3.25	16:08	4:57	14	3:51	71	3:51	6.50	30:41	4:43	18		67	
Lap 3	3.25	16:33	5:05	14	4:14	68	4:14	9.75	47:14	4:50	18		67	
Lap 4	3.25	16:52	5:11	14	4:33	70	4:33	13.00	1:04:06	4:55	18		66	15:37
Lap 5	3.25	17:17	5:19	15	4:59	76	4:59	16.25	1:21:23	5:00	18		65	20:36
Lap 6	3.25	17:08	5:16	12	4:43	61	4:43	19.50	1:38:31	5:03	17		65	25:19
Last lap Finish	3.25	17:35	5:24	15	5:18	73	5:18	22.75	1:56:06	5:06	14	30:37	65	30:37