



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Hemb, Uwe

Club: Fortuna Düsseldorf Triathlon

Number: 271

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:56:56

Speed: 11.29 km/h

Running performance: 5:08 min/km

Rank in course/Total: 73 (of 188)

Rank in course/Men: 68 (of 156)

Best time in course: 1:25:29

Rank in category: 17(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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.25 | 15:09 | 4:39 | 18 | 2:42 | 66 | 3:35 | 3.25 | 15:09 | 4:39 | 14 | 0:32 | 71 | |
| Lap 2 | 3.25 | 16:11 | 4:58 | 18 | 2:54 | 72 | 3:54 | 6.50 | 31:20 | 4:49 | 14 | 1:39 | 71 | |
| Lap 3 | 3.25 | 16:44 | 5:08 | 17 | 3:14 | 74 | 4:25 | 9.75 | 48:04 | 4:55 | 14 | 2:55 | 71 | |
| Lap 4 | 3.25 | 17:10 | 5:16 | 18 | 3:16 | 81 | 4:51 | 13.00 | 1:05:14 | 5:01 | 14 | 3:59 | 70 | 16:45 |
| Lap 5 | 3.25 | 17:36 | 5:24 | 18 | 3:36 | 78 | 5:18 | 16.25 | 1:22:50 | 5:05 | 14 | 4:27 | 69 | 22:03 |
| Lap 6 | 3.25 | 17:40 | 5:26 | 17 | 3:34 | 78 | 5:15 | 19.50 | 1:40:30 | 5:09 | 14 | 3:49 | 69 | 27:18 |
| Last lap Finish | 3.25 | 16:26 | 5:03 | 11 | 2:57 | 51 | 4:09 | 22.75 | 1:56:56 | 5:08 | 17 | 22:13 | 68 | 31:27 |