



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: 11.67 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			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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