



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Swiderski, Jan

Club: Bosch Eisenach

Number: 379

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:57:12

Speed: 11.26 km/h

Running performance: 5:09 min/km

Rank in course/Total: 74 (of 188)

Rank in course/Men: 70 (of 156)

Best time in course: 1:25:29

Rank in category: 7(of 23)

Best time in the category: 1:42:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	13:38	4:11	2	0:16	21	2:04	3.25	13:38	4:11	17			73	
Lap 2	3.25	15:14	4:41	5	0:58	50	2:57	6.50	28:52	4:26	17			36	
Lap 3	3.25	15:57	4:54	7	1:30	61	3:38	9.75	44:49	4:35	17			73	
Lap 4	3.25	16:47	5:09	8	2:09	69	4:28	13.00	1:01:36	4:44	17			72	13:07
Lap 5	3.25	17:51	5:29	11	2:53	86	5:33	16.25	1:19:27	4:53	17			71	18:40
Lap 6	3.25	19:32	6:00	15	4:09	107	7:07	19.50	1:38:59	5:04	17			70	25:47
Last lap Finish	3.25	18:13	5:36	11	2:59	89	5:56	22.75	1:57:12	5:09	7	14:54		70	31:43