



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Rauhut, Sven

Club: ASV Möckmühl Ringen

Number: 337

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:00:49

Speed: 10.93 km/h

Running performance: 5:19 min/km

Rank in course/Total: 86 (of 188)

Rank in course/Men: 82 (of 156)

Best time in course: 1:25:29

Rank in category: 17(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	15:46	4:51	18	4:12	80	4:12	3.25	15:46	4:51	14	0:24	84	
Lap 2	3.25	17:35	5:24	21	5:18	106	5:18	6.50	33:21	5:07	14	1:52	85	
Lap 3	3.25	18:57	5:49	26	6:38	127	6:38	9.75	52:18	5:21	14	4:02	85	
Lap 4	3.25	18:25	5:40	23	6:06	109	6:06	13.00	1:10:43	5:26	12	5:31	84	22:14
Lap 5	3.25	16:39	5:07	13	4:21	59	4:21	16.25	1:27:22	5:22	14	4:32	83	26:35
Lap 6	3.25	16:55	5:12	11	4:30	58	4:30	19.50	1:44:17	5:20	14	3:46	82	31:05
Last lap Finish	3.25	16:32	5:05	12	4:15	55	4:15	22.75	2:00:49	5:18	17	35:20	82	35:20