



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Spiegel, Chrstian

Club: Viba-Anschütz-Team

Number: 374

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:05:08

Speed: 10.55 km/h

Running performance: 5:30 min/km

Rank in course/Total: 108 (of 188)

Rank in course/Men: 97 (of 156)

Best time in course: 1:25:29

Rank in category: 11(of 19)

Best time in the category: 1:41:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	16:08	4:57	9	2:10	89	4:34	3.25	16:08	4:57	9	0:10	99		
Lap 2	3.25	17:09	5:16	12	2:50	97	4:52	6.50	33:17	5:07	9	0:44	72		
Lap 3	3.25	17:18	5:19	10	2:43	87	4:59	9.75	50:35	5:11	9		99		
Lap 4	3.25	17:18	5:19	7	2:45	83	4:59	13.00	1:07:53	5:13	9	3:41	98	19:24	
Lap 5	3.25	18:17	5:37	9	3:45	93	5:59	16.25	1:26:10	5:18	9	2:22	97	25:23	
Lap 6	3.25	19:00	5:50	11	4:18	100	6:35	19.50	1:45:10	5:23	9	1:18	96	31:58	
Last lap Finish	3.25	19:58	6:08	12	4:57	104	7:41	22.75	2:05:08	5:30	11	23:28	97	39:39	