



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Fasold, Frank

Club: WJ Stade

Number: 236

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:07:46

Speed: 10.33 km/h

Running performance: 5:37 min/km

Rank in course/Total: 114 (of 188)

Rank in course/Men: 101 (of 156)

Best time in course: 1:25:29

Rank in category: 19(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. | 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 | 17:10 | 5:16 | 22 | 5:36 | 111 | 5:36 | 3.25 | 17:10 | 5:16 | 12 | 1:48 | 97 | | |
| Lap 2 | 3.25 | 17:19 | 5:19 | 20 | 5:02 | 98 | 5:02 | 6.50 | 34:29 | 5:18 | 12 | 3:00 | 102 | | |
| Lap 3 | 3.25 | 17:54 | 5:30 | 18 | 5:35 | 102 | 5:35 | 9.75 | 52:23 | 5:22 | 12 | 4:07 | 102 | | |
| Lap 4 | 3.25 | 18:20 | 5:38 | 20 | 6:01 | 104 | 6:01 | 13.00 | 1:10:43 | 5:26 | 12 | 5:31 | 84 | 22:14 | |
| Lap 5 | 3.25 | 18:46 | 5:46 | 22 | 6:28 | 104 | 6:28 | 16.25 | 1:29:29 | 5:30 | 12 | 6:39 | 100 | 28:42 | |
| Lap 6 | 3.25 | 19:06 | 5:52 | 21 | 6:41 | 101 | 6:41 | 19.50 | 1:48:35 | 5:34 | 12 | 8:04 | 99 | 35:23 | |
| Last lap Finish | 3.25 | 19:11 | 5:54 | 21 | 6:54 | 100 | 6:54 | 22.75 | 2:07:46 | 5:36 | 19 | 42:17 | 101 | 42:17 | |