



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: 10.68 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	