



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Grün, Michael

Club: Laufteam Gelnhausen

Number: 256

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:07:55

Speed: 10.32 km/h

Running performance: 5:37 min/km

Rank in course/Total: 117 (of 188)

Rank in course/Men: 103 (of 156)

Best time in course: 1:25:29

Rank in category: 20(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	18:08	5:34	28	6:34	129	6:34	3.25	18:08	5:34	11	2:46	103	
Lap 2	3.25	18:31	5:41	28	6:14	128	6:14	6.50	36:39	5:38	11	5:10	103	
Lap 3	3.25	18:16	5:37	21	5:57	109	5:57	9.75	54:55	5:37	11	6:39	103	
Lap 4	3.25	18:13	5:36	18	5:54	99	5:54	13.00	1:13:08	5:37	11	7:56	102	24:39
Lap 5	3.25	18:21	5:38	19	6:03	94	6:03	16.25	1:31:29	5:37	11	8:39	101	30:42
Lap 6	3.25	18:20	5:38	18	5:55	88	5:55	19.50	1:49:49	5:37	11	9:18	100	36:37
Last lap Finish	3.25	18:06	5:34	17	5:49	83	5:49	22.75	2:07:55	5:37	20	42:26	103	42:26