



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Hoven van den, Jan

Club: Montfoort

Number: 278

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:07:49

Speed: 10.33 km/h

Running performance: 5:37 min/km

Rank in course/Total: 115 (of 188)

Rank in course/Men: 102 (of 156)

Best time in course: 1:25:29

Rank in category: 4(of 13)

Best time in the category: 1:47:23

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	14:55	4:35	3	1:07	57	3:21	3.25	14:55	4:35	4	1:07	104		
Lap 2	3.25	16:18	5:00	3	1:39	74	4:01	6.50	31:13	4:48	4	2:46	104		
Lap 3	3.25	17:36	5:24	4	2:27	94	5:17	9.75	48:49	5:00	4	5:13	104		
Lap 4	3.25	19:14	5:55	10	3:53	128	6:55	13.00	1:08:03	5:14	4	9:06	103	19:34	
Lap 5	3.25	19:26	5:58	7	3:43	115	7:08	16.25	1:27:29	5:23	4	12:49	102	26:42	
Lap 6	3.25	19:46	6:04	8	3:46	109	7:21	19.50	1:47:15	5:30	4	16:23	101	34:03	
Last lap Finish	3.25	20:34	6:19	9	5:07	118	8:17	22.75	2:07:49	5:37	4	20:26	102	42:20	