



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Schumann, Ralf

Club: Gehaus

Number: 364

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:08:04

Speed: 10.31 km/h

Running performance: 5:38 min/km

Rank in course/Total: 118 (of 188)

Rank in course/Men: 104 (of 156)

Best time in course: 1:25:29

Rank in category: 21(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			Pos		Behind		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	14:31	4:28	12	2:57	46	2:57	3.25	14:31	4:28	9			106	
Lap 2	3.25	16:18	5:00	15	4:01	74	4:01	6.50	30:49	4:44	9			106	
Lap 3	3.25	17:56	5:31	19	5:37	103	5:37	9.75	48:45	5:00	9	0:29		106	
Lap 4	3.25	18:32	5:42	25	6:13	111	6:13	13.00	1:07:17	5:10	9	2:05		105	18:48
Lap 5	3.25	19:24	5:58	25	7:06	114	7:06	16.25	1:26:41	5:20	9	3:51		104	25:54
Lap 6	3.25	20:42	6:22	26	8:17	124	8:17	19.50	1:47:23	5:30	9	6:52		103	34:11
Last lap Finish	3.25	20:41	6:21	25	8:24	120	8:24	22.75	2:08:04	5:37	21	42:35		104	42:35