



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Sattler, Heiko

Club: Wernigerode

Number: 351

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:08:29

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 121 (of 188)

Rank in course/Men: 107 (of 156)

Best time in course: 1:25:29

Rank in category: 14(of 23)

Best time in the category: 1:42:18

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	16:33	5:05	15	3:11	99	4:59	3.25	16:33	5:05	10	0:10	78	
Lap 2	3.25	17:32	5:23	15	3:16	104	5:15	6.50	34:05	5:14	10	0:37	108	
Lap 3	3.25	18:13	5:36	15	3:46	107	5:54	9.75	52:18	5:21	10	1:37	85	
Lap 4	3.25	18:24	5:39	16	3:46	108	6:05	13.00	1:10:42	5:26	10	2:32	107	22:13
Lap 5	3.25	18:54	5:48	15	3:56	108	6:36	16.25	1:29:36	5:30	10	2:49	106	28:49
Lap 6	3.25	18:28	5:40	11	3:05	91	6:03	19.50	1:48:04	5:32	10	2:31	105	34:52
Last lap Finish	3.25	20:25	6:16	15	5:11	113	8:08	22.75	2:08:29	5:38	14	26:11	107	43:00