



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Bennewitz, Jürgen

Club: Thür.Waldquell Schmalkalden
Number: 209

Course: 22.75 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:11:11

Speed: 10.06 km/h
Running performance: 5:46 min/km

Rank in course/Total: 124 (of 188)

Rank in course/Men: 110 (of 156)

Best time in course: 1:25:29

Rank in category: 7(of 13)

Best time in the category: 1:47:23

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	17:10	5:16	8	3:22	111	5:36	3.25	17:10	5:16	7	3:22	97	
Lap 2	3.25	17:48	5:28	7	3:09	110	5:31	6.50	34:58	5:22	7	6:31	111	
Lap 3	3.25	18:33	5:42	8	3:24	116	6:14	9.75	53:31	5:29	7	9:55	111	
Lap 4	3.25	18:59	5:50	7	3:38	117	6:40	13.00	1:12:30	5:34	7	13:33	110	24:01
Lap 5	3.25	19:00	5:50	6	3:17	109	6:42	16.25	1:31:30	5:37	7	16:50	109	30:43
Lap 6	3.25	19:16	5:55	4	3:16	104	6:51	19.50	1:50:46	5:40	7	19:54	108	37:34
Last lap Finish	3.25	20:25	6:16	8	4:58	113	8:08	22.75	2:11:11	5:45	7	23:48	110	45:42