



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Jaworek, Henryk**

Club: JESTEBURG

Number: 281

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:11:39

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 125 (of 188)

Rank in course/Men: 111 (of 156)

Best time in course: 1:25:29

Rank in category: 23(of 29)

Best time in the category: 1:34:43

### 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	16:28	5:03	21	4:01	98	4:54	3.25	16:28	5:03	9	1:51	112	
Lap 2	3.25	17:27	5:22	21	4:10	101	5:10	6.50	33:55	5:13	9	4:14	112	
Lap 3	3.25	18:13	5:36	23	4:43	107	5:54	9.75	52:08	5:20	9	6:59	112	
Lap 4	3.25	19:07	5:52	25	5:13	120	6:48	13.00	1:11:15	5:28	9	10:00	111	22:46
Lap 5	3.25	19:31	6:00	25	5:31	117	7:13	16.25	1:30:46	5:35	9	12:23	110	29:59
Lap 6	3.25	20:49	6:24	25	6:43	127	8:24	19.50	1:51:35	5:43	9	14:54	109	38:23
Last lap Finish	3.25	20:04	6:10	22	6:35	106	7:47	22.75	2:11:39	5:47	23	36:56	111	46:10