



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Westphal, Andreas

Club: Bremen

Number: 400

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:13:11

Speed: 10.25 km/h

Running performance: 5:51 min/km

Rank in course/Total: 130 (of 188)

Rank in course/Men: 114 (of 156)

Best time in course: 1:25:29

Rank in category: 24(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			Total ranking		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	17:31	5:23	24	5:04	119	5:57	3.25	17:31	5:23	8	2:54	115		
Lap 2	3.25	17:31	5:23	22	4:14	103	5:14	6.50	35:02	5:23	8	5:21	115		
Lap 3	3.25	17:38	5:25	21	4:08	97	5:19	9.75	52:40	5:24	8	7:31	115		
Lap 4	3.25	17:31	5:23	21	3:37	88	5:12	13.00	1:10:11	5:23	8	8:56	114	21:42	
Lap 5	3.25	18:21	5:38	23	4:21	94	6:03	16.25	1:28:32	5:26	8	10:09	113	27:45	
Lap 6	3.25	20:34	6:19	24	6:28	122	8:09	19.50	1:49:06	5:35	8	12:25	112	35:54	
Last lap Finish	3.25	24:05	7:24	28	10:36	143	11:48	22.75	2:13:11	5:51	24	38:28	114	47:42	