



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: 9.91 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 | | Pos Men | Behind Men | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|--|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | | | |
| 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 | |