



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Ludwig, Jörg

Club: Laufteam Gelnhausen

Number: 310

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:13:13

Speed: 10.25 km/h

Running performance: 5:52 min/km

Rank in course/Total: 132 (of 188)

Rank in course/Men: 115 (of 156)

Best time in course: 1:25:29

Rank in category: 15(of 23)

Best time in the category: 1:42:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:22	5:39	18	5:00	134	6:48	3.25	18:22	5:39	9	1:59	116	0:10
Lap 2	3.25	18:43	5:45	17	4:27	135	6:26	6.50	37:05	5:42	9	3:37	117	
Lap 3	3.25	18:22	5:39	16	3:55	113	6:03	9.75	55:27	5:41	9	4:46	116	
Lap 4	3.25	18:13	5:36	14	3:35	99	5:54	13.00	1:13:40	5:40	9	5:30	115	25:11
Lap 5	3.25	18:40	5:44	14	3:42	101	6:22	16.25	1:32:20	5:40	9	5:33	114	31:33
Lap 6	3.25	20:04	6:10	16	4:41	117	7:39	19.50	1:52:24	5:45	9	6:51	114	39:12
Last lap Finish	3.25	20:49	6:24	16	5:35	122	8:32	22.75	2:13:13	5:51	15	30:55	115	47:44