



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Verhoeven, Hans

Club: Runningteam notenboom

Number: 384

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:15:12

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 136 (of 188)

Rank in course/Men: 120 (of 156)

Best time in course: 1:25:29

Rank in category: 9(of 13)

Best time in the category: 1:47:23

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	18:40	5:44	10	4:52	140	7:06	3.25	18:40	5:44	8	4:52	119	0:28
Lap 2	3.25	18:59	5:50	11	4:20	137	6:42	6.50	37:39	5:47	8	9:12	119	
Lap 3	3.25	18:54	5:48	9	3:45	125	6:35	9.75	56:33	5:47	8	12:57	119	
Lap 4	3.25	19:12	5:54	9	3:51	127	6:53	13.00	1:15:45	5:49	8	16:48	118	27:16
Lap 5	3.25	19:27	5:59	8	3:44	116	7:09	16.25	1:35:12	5:51	8	20:32	117	34:25
Lap 6	3.25	19:56	6:08	9	3:56	113	7:31	19.50	1:55:08	5:54	8	24:16	116	41:56
Last lap Finish	3.25	20:04	6:10	6	4:37	106	7:47	22.75	2:15:12	5:56	9	27:49	120	49:43