



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Lange, Jochen

Club: Stuttgart

Number: 298

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:15:16

Speed: 9.76 km/h

Running performance: 5:57 min/km

Rank in course/Total: 137 (of 188)

Rank in course/Men: 121 (of 156)

Best time in course: 1:25:29

Rank in category: 26(of 30)

Best time in the category: 1:25:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:53	5:11	21	5:19	105	5:19	3.25	16:53	5:11	5	1:31	120	
Lap 2	3.25	17:08	5:16	19	4:51	96	4:51	6.50	34:01	5:14	5	2:32	120	
Lap 3	3.25	19:13	5:54	29	6:54	135	6:54	9.75	53:14	5:27	5	4:58	120	
Lap 4	3.25	20:44	6:22	29	8:25	140	8:25	13.00	1:13:58	5:41	5	8:46	119	25:29
Lap 5	3.25	21:12	6:31	29	8:54	137	8:54	16.25	1:35:10	5:51	5	12:20	118	34:23
Lap 6	3.25	19:56	6:08	23	7:31	113	7:31	19.50	1:55:06	5:54	5	14:35	117	41:54
Last lap Finish	3.25	20:10	6:12	22	7:53	108	7:53	22.75	2:15:16	5:56	26	49:47	121	49:47