



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 |