



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Broich, Ralph

Club: Ford FCSD

Number: 214

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:16:03

Speed: 9.70 km/h

Running performance: 5:59 min/km

Rank in course/Total: 142 (of 188)

Rank in course/Men: 126 (of 156)

Best time in course: 1:25:29

Rank in category: 27(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			Pos		Behind		
						Pos Men	Behind Men	km	Time	min/km	Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	17:52	5:29	25	6:18	122	6:18	3.25	17:52	5:29	4	2:30	124		
Lap 2	3.25	18:29	5:41	26	6:12	126	6:12	6.50	36:21	5:35	4	4:52	124		
Lap 3	3.25	18:54	5:48	25	6:35	125	6:35	9.75	55:15	5:40	4	6:59	124		
Lap 4	3.25	19:11	5:54	27	6:52	124	6:52	13.00	1:14:26	5:43	4	9:14	123	25:57	
Lap 5	3.25	19:54	6:07	27	7:36	126	7:36	16.25	1:34:20	5:48	4	11:30	122	33:33	
Lap 6	3.25	20:47	6:23	28	8:22	126	8:22	19.50	1:55:07	5:54	4	14:36	121	41:55	
Last lap Finish	3.25	20:56	6:26	28	8:39	124	8:39	22.75	2:16:03	5:58	27	50:34	126	50:34	