



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Zaworski, Marc

Club: LT Winkelmann Group

Number: 406

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:16:15

Speed: 9.69 km/h

Running performance: 5:59 min/km

Rank in course/Total: 144 (of 188)

Rank in course/Men: 128 (of 156)

Best time in course: 1:25:29

Rank in category: 28(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:27	5:22	24	5:53	117	5:53	3.25	17:27	5:22	3	2:05	125	
Lap 2	3.25	18:05	5:33	25	5:48	120	5:48	6.50	35:32	5:28	3	4:03	125	
Lap 3	3.25	19:02	5:51	27	6:43	130	6:43	9.75	54:34	5:35	3	6:18	125	
Lap 4	3.25	19:33	6:00	28	7:14	130	7:14	13.00	1:14:07	5:42	3	8:55	124	25:38
Lap 5	3.25	20:41	6:21	28	8:23	131	8:23	16.25	1:34:48	5:50	3	11:58	123	34:01
Lap 6	3.25	20:42	6:22	26	8:17	124	8:17	19.50	1:55:30	5:55	3	14:59	122	42:18
Last lap Finish	3.25	20:45	6:23	26	8:28	121	8:28	22.75	2:16:15	5:59	28	50:46	128	50:46