



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Mono, Sebastian

Club: Singhofen

Number: 320

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:15:58

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 140 (of 188)

Rank in course/Men: 124 (of 156)

Best time in course: 1:25:29

Rank in category: 15(of 19)

Best time in the category: 1:41:40

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	18:27	5:40	17	4:29	136	6:53	3.25	18:27	5:40	5	2:29	128	0:15
Lap 2	3.25	18:36	5:43	16	4:17	131	6:19	6.50	37:03	5:41	4	4:30	128	
Lap 3	3.25	18:43	5:45	15	4:08	122	6:24	9.75	55:46	5:43	4	4:38	128	
Lap 4	3.25	19:10	5:53	13	4:37	122	6:51	13.00	1:14:56	5:45	4	10:44	127	26:27
Lap 5	3.25	19:41	6:03	14	5:09	121	7:23	16.25	1:34:37	5:49	4	10:49	126	33:50
Lap 6	3.25	20:21	6:15	15	5:39	120	7:56	19.50	1:54:58	5:53	5	11:06	125	41:46
Last lap Finish	3.25	21:00	6:27	16	5:59	126	8:43	22.75	2:15:58	5:58	15	34:18	124	50:29