



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Grieger, Thomas

Club: LS Benjoy

Number: 253

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:21:16

Speed: 9.34 km/h

Running performance: 6:13 min/km

Rank in course/Total: 154 (of 188)

Rank in course/Men: 134 (of 156)

Best time in course: 1:25:29

Rank in category: 18(of 23)

Best time in the category: 1:42:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Lap 1	3.25	19:21	5:57	20	5:59	144	7:47	3.25	19:21	5:57	6	2:58	135	1:09
Lap 2	3.25	19:58	6:08	19	5:42	144	7:41	6.50	39:19	6:02	6	5:51	135	0:49
Lap 3	3.25	19:47	6:05	19	5:20	140	7:28	9.75	59:06	6:03	6	8:25	135	
Lap 4	3.25	19:43	6:03	18	5:05	132	7:24	13.00	1:18:49	6:03	6	10:39	134	30:20
Lap 5	3.25	19:56	6:08	17	4:58	127	7:38	16.25	1:38:45	6:04	6	11:58	133	37:58
Lap 6	3.25	21:12	6:31	18	5:49	131	8:47	19.50	1:59:57	6:09	6	14:24	132	46:45
Last lap Finish	3.25	21:19	6:33	17	6:05	127	9:02	22.75	2:21:16	6:12	18	38:58	134	55:47