



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Nau, Gerhard

Club: Stadtallendorf

Number: 325

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:22:02

Speed: 9.61 km/h

Running performance: 6:14 min/km

Rank in course/Total: 155 (of 188)

Rank in course/Men: 135 (of 156)

Best time in course: 1:25:29

Rank in category: 27(of 29)

Best time in the category: 1:34:43

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	18:29	5:41	27	6:02	138	6:55	3.25	18:29	5:41	5	3:52	136	0:17
Lap 2	3.25	19:32	6:00	28	6:15	140	7:15	6.50	38:01	5:50	5	8:20	136	
Lap 3	3.25	19:52	6:06	28	6:22	141	7:33	9.75	57:53	5:56	5	12:44	136	
Lap 4	3.25	20:36	6:20	28	6:42	139	8:17	13.00	1:18:29	6:02	5	17:14	135	30:00
Lap 5	3.25	20:57	6:26	27	6:57	134	8:39	16.25	1:39:26	6:07	5	21:03	134	38:39
Lap 6	3.25	21:06	6:29	26	7:00	130	8:41	19.50	2:00:32	6:10	5	23:51	133	47:20
Last lap Finish	3.25	21:30	6:36	25	8:01	129	9:13	22.75	2:22:02	6:14	27	47:19	135	56:33