



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Fuchs, Volker

Club: TC Kray

Number: 26

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:25:16

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 158 (of 188)

Rank in course/Men: 137 (of 156)

Best time in course: 1:25:29

Rank in category: 10(of 13)

Best time in the category: 1:47:23

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	17:05	5:15	5	3:17	107	5:31	3.25	17:05	5:15	9	3:17	80	
Lap 2	3.25	16:47	5:09	4	2:08	89	4:30	6.50	33:52	5:12	9	5:25	138	
Lap 3	3.25	18:06	5:34	6	2:57	106	5:47	9.75	51:58	5:19	3	8:22	98	
Lap 4	3.25	18:14	5:36	4	2:53	102	5:55	13.00	1:10:12	5:24	9	11:15	137	21:43
Lap 5	3.25	21:02	6:28	10	5:19	136	8:44	16.25	1:31:14	5:36	9	16:34	136	30:27
Lap 6	3.25	25:51	7:57	13	9:51	148	13:26	19.50	1:57:05	6:00	9	26:13	135	43:53
Last lap Finish	3.25	28:11	8:40	13	12:44	149	15:54	22.75	2:25:16	6:23	10	37:53	137	59:47