



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Zürnstein, Lutz

Club: 1.Fußballclub Greiz

Number: 412

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:26:12

Speed: 9.34 km/h

Running performance: 6:26 min/km

Rank in course/Total: 160 (of 188)

Rank in course/Men: 139 (of 156)

Best time in course: 1:25:29

Rank in category: 11(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.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	20:06	6:11	11	6:18	148	8:32	3.25	20:06	6:11	10	6:18	140	1:54
Lap 2	3.25	18:50	5:47	10	4:11	136	6:33	6.50	38:56	5:59	10	10:29	140	0:26
Lap 3	3.25	19:00	5:50	10	3:51	129	6:41	9.75	57:56	5:56	10	14:20	140	
Lap 4	3.25	20:33	6:19	11	5:12	138	8:14	13.00	1:18:29	6:02	10	19:32	135	30:00
Lap 5	3.25	21:51	6:43	11	6:08	141	9:33	16.25	1:40:20	6:10	10	25:40	138	39:33
Lap 6	3.25	21:53	6:44	10	5:53	134	9:28	19.50	2:02:13	6:16	10	31:21	137	49:01
Last lap Finish	3.25	23:59	7:22	11	8:32	141	11:42	22.75	2:26:12	6:25	11	38:49	139	1:00:43