



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Krug, Karl-Heinz

Club: TSG Leihgestern

Number: 292

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:38:59

Speed: 8.59 km/h

Running performance: 6:59 min/km

Rank in course/Total: 168 (of 188)

Rank in course/Men: 145 (of 156)

Best time in course: 1:25:29

Rank in category: 8(of 8)

Best time in the category: 1:37:19

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	17:36	5:24	8	4:39	120	6:02	3.25	17:36	5:24	8	4:39	145		
Lap 2	3.25	19:46	6:04	8	6:18	142	7:29	6.50	37:22	5:44	8	10:57	145		
Lap 3	3.25	21:50	6:43	8	8:01	149	9:31	9.75	59:12	6:04	8	18:58	145		
Lap 4	3.25	22:55	7:03	8	8:55	148	10:36	13.00	1:22:07	6:18	8	27:53	144	33:38	
Lap 5	3.25	24:27	7:31	8	10:15	149	12:09	16.25	1:46:34	6:33	8	38:08	143	45:47	
Lap 6	3.25	25:50	7:56	8	11:25	147	13:25	19.50	2:12:24	6:47	8	49:33	142	59:12	
Last lap Finish	3.25	26:35	8:10	8	12:07	147	14:18	22.75	2:38:59	6:59	8	1:01:40	145	1:13:30	