



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Slowly, Rainer

Club: TV Friesen Telgte
Number: 372

Course: 22.75 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:42:48

Speed: 8.38 km/h
Running performance: 7:10 min/km

Rank in course/Total: 170 (of 188)

Rank in course/Men: 146 (of 156)

Best time in course: 1:25:29

Rank in category: 12(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	22:12	6:49	12	8:24	150	10:38	3.25	22:12	6:49	11	8:24	146	4:00
Lap 2	3.25	22:04	6:47	12	7:25	150	9:47	6.50	44:16	6:48	12	15:49	147	5:46
Lap 3	3.25	22:26	6:54	12	7:17	150	10:07	9.75	1:06:42	6:50	12	23:06	147	6:46
Lap 4	3.25	23:02	7:05	12	7:41	149	10:43	13.00	1:29:44	6:54	12	30:47	146	41:15
Lap 5	3.25	23:34	7:15	13	7:51	148	11:16	16.25	1:53:18	6:58	12	38:38	145	52:31
Lap 6	3.25	24:52	7:39	12	8:52	146	12:27	19.50	2:18:10	7:05	12	47:18	144	1:04:58
Last lap Finish	3.25	24:38	7:34	12	9:11	145	12:21	22.75	2:42:48	7:09	12	55:25	146	1:17:19