



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Richter, Jens

Club: FTSV Heckershausen

Number: 340

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:50:01

Speed: 7.76 km/h

Running performance: 7:28 min/km

Rank in course/Total: 173 (of 188)

Rank in course/Men: 149 (of 156)

Best time in course: 1:25:29

Rank in category: 29(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lap 1	3.25	21:01	6:28	29	8:34	149	9:27	3.25	21:01	6:28	2	6:24	150	2:49
Lap 2	3.25	21:35	6:38	29	8:18	148	9:18	6.50	42:36	6:33	2	12:55	150	4:06
Lap 3	3.25	21:19	6:33	29	7:49	147	9:00	9.75	1:03:55	6:33	2	18:46	150	3:59
Lap 4	3.25	22:38	6:57	29	8:44	146	10:19	13.00	1:26:33	6:39	2	25:18	149	38:04
Lap 5	3.25	25:17	7:46	29	11:17	150	12:59	16.25	1:51:50	6:52	2	33:27	148	51:03
Lap 6	3.25	28:24	8:44	29	14:18	151	15:59	19.50	2:20:14	7:11	2	43:33	147	1:07:02
Last lap Finish	3.25	29:47	9:09	29	16:18	151	17:30	22.75	2:50:01	7:28	29	1:15:18	149	1:24:32