



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Erler, Ralph

Club: Tria- und Genusssportler
Number: 235

Course: 22.75 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:53:12

Speed: 7.62 km/h
Running performance: 7:37 min/km

Rank in course/Total: 175 (of 188)

Rank in course/Men: 150 (of 156)

Best time in course: 1:25:29

Rank in category: 29(of 30)

Best time in the category: 1:25:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	22:34	6:56	30	11:00	153	11:00	3.25	22:34	6:56	2	7:12	151	4:22
Lap 2	3.25	24:09	7:25	30	11:52	153	11:52	6.50	46:43	7:11	2	15:14	151	8:13
Lap 3	3.25	24:02	7:23	30	11:43	153	11:43	9.75	1:10:45	7:15	2	22:29	151	10:49
Lap 4	3.25	24:51	7:38	30	12:32	152	12:32	13.00	1:35:36	7:21	2	30:24	150	47:07
Lap 5	3.25	25:27	7:49	30	13:09	151	13:09	16.25	2:01:03	7:26	2	38:13	149	1:00:16
Lap 6	3.25	26:01	8:00	29	13:36	149	13:36	19.50	2:27:04	7:32	2	46:33	148	1:13:52
Last lap Finish	3.25	26:08	8:02	29	13:51	146	13:51	22.75	2:53:12	7:36	29	1:27:43	150	1:27:43