



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Smolla, Ralf

Club: RSV Hannover

Number: 373

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:59:57

Speed: 7.34 km/h

Running performance: 7:55 min/km

Rank in course/Total: 180 (of 188)

Rank in course/Men: 151 (of 156)

Best time in course: 1:25:29

Rank in category: 22(of 23)

Best time in the category: 1:42:18

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	22:31	6:55	23	9:09	152	10:57	3.25	22:31	6:55	2	6:08	154	4:19
Lap 2	3.25	24:36	7:34	23	10:20	154	12:19	6.50	47:07	7:14	2	13:39	154	8:37
Lap 3	3.25	24:35	7:33	23	10:08	154	12:16	9.75	1:11:42	7:21	2	21:01	154	11:46
Lap 4	3.25	26:43	8:13	23	12:05	153	14:24	13.00	1:38:25	7:34	2	30:15	153	49:56
Lap 5	3.25	26:06	8:01	22	11:08	152	13:48	16.25	2:04:31	7:39	2	37:44	152	1:03:44
Lap 6	3.25	27:07	8:20	22	11:44	150	14:42	19.50	2:31:38	7:46	2	46:05	151	1:18:26
Last lap Finish	3.25	28:19	8:42	22	13:05	150	16:02	22.75	2:59:57	7:54	22	1:17:39	151	1:34:28