



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Kühne, Ulf

Club: Eastrun

Number: 75

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:13:34

Speed: 13.02 km/h

Running performance: 4:35 min/km

Rank in course/Total: 7 (of 114)

Rank in course/Men: 7 (of 100)

Best time in course: 2:50:01

Rank in category: 3(of 25)

Best time in the category: 3:06:08

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	14:05	4:20	5	0:51	9	2:05	3.25	14:05	4:20	24		68	
Lap 2	3.25	14:27	4:26	5	0:40	12	1:45	6.50	28:32	4:23	24		68	
Lap 3	3.25	14:46	4:32	4	1:09	10	2:07	9.75	43:18	4:26	24		68	
Lap 4	3.25	14:53	4:34	3	1:21	8	2:16	13.00	58:11	4:28	24		68	
Lap 5	3.25	14:47	4:32	3	1:25	9	2:06	16.25	1:12:58	4:29	24		68	
Lap 6	3.25	14:32	4:28	4	1:06	8	1:37	19.50	1:27:30	4:29	24		70	
Lap 7	3.25	14:54	4:35	4	1:24	10	1:53	22.75	1:42:24	4:30	24		70	
Lap 8	3.25	14:54	4:35	2	0:32	6	1:39	26.00	1:57:18	4:30	24		69	
Lap 9	3.25	15:04	4:38	4	0:16	8	1:40	29.25	2:12:22	4:31	24		69	
Lap 10	3.25	15:02	4:37	3	0:04	6	1:29	32.50	2:27:24	4:32	24		70	
Lap 11	3.25	15:15	4:41	4	0:26	8	1:43	35.75	2:42:39	4:32	24		69	
Lap 12	3.25	15:36	4:47	3	0:24	6	1:39	39.00	2:58:15	4:34	24		70	
Last lap Finish	3.25	15:19	4:42	3	0:44	9	1:34	42.25	3:13:34	4:34	3	7:26	7	23:33