



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Mes, Philip

Club: PHILIP MES - PERSONAL TRAINING

Number: 86

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:32:34

Speed: 11.86 km/h

Running performance: 5:02 min/km

Rank in course/Total: 19 (of 114)

Rank in course/Men: 18 (of 100)

Best time in course: 2:50:01

Rank in category: 4(of 11)

Best time in the category: 2:50:01

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.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	3.25	13:19	4:05	2	1:19	3	1:19	3.25	13:19	4:05	4	1:19	58	
Lap 2	3.25	13:54	4:16	3	1:12	5	1:12	6.50	27:13	4:11	4	2:31	58	
Lap 3	3.25	13:51	4:15	3	1:12	5	1:12	9.75	41:04	4:12	4	3:43	58	
Lap 4	3.25	14:29	4:27	3	1:52	6	1:52	13.00	55:33	4:16	4	5:35	58	
Lap 5	3.25	14:09	4:21	3	1:28	5	1:28	16.25	1:09:42	4:17	4	7:03	58	
Lap 6	3.25	14:47	4:32	4	1:52	11	1:52	19.50	1:24:29	4:19	4	8:55	59	
Lap 7	3.25	14:28	4:27	3	1:27	6	1:27	22.75	1:38:57	4:20	4	10:22	59	
Lap 8	3.25	16:44	5:08	4	3:29	21	3:29	26.00	1:55:41	4:26	4	13:51	59	
Lap 9	3.25	17:53	5:30	5	4:29	39	4:29	29.25	2:13:34	4:33	4	18:20	59	
Lap 10	3.25	18:50	5:47	4	5:17	41	5:17	32.50	2:32:24	4:41	4	23:37	59	
Lap 11	3.25	19:48	6:05	4	6:16	43	6:16	35.75	2:52:12	4:49	4	29:53	59	
Lap 12	3.25	20:21	6:15	4	6:24	46	6:24	39.00	3:12:33	4:56	4	36:17	59	
Last lap Finish	3.25	20:01	6:09	5	6:16	47	6:16	42.25	3:32:34	5:01	4	42:33	18	42:33