



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Hellrung, Heiko

Club: Bad Sooden-Allendorf

Number: 47

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:48:10

Speed: 11.04 km/h

Running performance: 5:24 min/km

Rank in course/Total: 40 (of 114)

Rank in course/Men: 35 (of 100)

Best time in course: 2:50:01

Rank in category: 6(of 14)

Best time in the category: 3:04:16

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	16:36	5:06	8	2:26	51	4:36	3.25	16:36	5:06	6	2:26	91	
Lap 2	3.25	16:48	5:10	7	2:49	43	4:06	6.50	33:24	5:08	6	5:09	91	
Lap 3	3.25	16:52	5:11	7	2:59	45	4:13	9.75	50:16	5:09	6	8:08	91	
Lap 4	3.25	17:00	5:13	6	2:56	44	4:23	13.00	1:07:16	5:10	6	11:04	91	
Lap 5	3.25	17:06	5:15	7	3:33	42	4:25	16.25	1:24:22	5:11	6	14:37	91	
Lap 6	3.25	17:09	5:16	7	3:29	39	4:14	19.50	1:41:31	5:12	6	18:06	91	
Lap 7	3.25	17:24	5:21	7	3:28	37	4:23	22.75	1:58:55	5:13	6	21:34	91	
Lap 8	3.25	16:49	5:10	5	3:02	24	3:34	26.00	2:15:44	5:13	6	24:36	91	
Lap 9	3.25	17:08	5:16	3	3:04	26	3:44	29.25	2:32:52	5:13	6	27:40	91	
Lap 10	3.25	17:53	5:30	4	3:16	27	4:20	32.50	2:50:45	5:15	6	30:56	91	
Lap 11	3.25	18:33	5:42	4	4:27	30	5:01	35.75	3:09:18	5:17	6	35:23	91	
Lap 12	3.25	19:15	5:55	6	4:09	38	5:18	39.00	3:28:33	5:20	6	39:32	91	
Last lap Finish	3.25	19:37	6:02	8	4:48	41	5:52	42.25	3:48:10	5:24	6	43:54	35	58:09