



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Schwertfeger, Carsten

Club: schwertfeger hits the road
Number: 124

Course: 42.25 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:52:36

Speed: 10.83 km/h
Running performance: 5:31 min/km

Rank in course/Total: 45 (of 114)

Rank in course/Men: 39 (of 100)

Best time in course: 2:50:01

Rank in category: 7(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		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:10	5:16	10	3:00	66	5:10	3.25	17:10	5:16	7	3:00	87	
Lap 2	3.25	17:00	5:13	8	3:01	50	4:18	6.50	34:10	5:15	7	5:55	87	
Lap 3	3.25	17:04	5:15	8	3:11	49	4:25	9.75	51:14	5:15	7	9:06	87	
Lap 4	3.25	17:07	5:15	7	3:03	47	4:30	13.00	1:08:21	5:15	7	12:09	87	
Lap 5	3.25	16:57	5:12	6	3:24	37	4:16	16.25	1:25:18	5:14	7	15:33	87	
Lap 6	3.25	17:04	5:15	6	3:24	36	4:09	19.50	1:42:22	5:14	7	18:57	87	
Lap 7	3.25	17:09	5:16	5	3:13	31	4:08	22.75	1:59:31	5:15	7	22:10	87	
Lap 8	3.25	17:52	5:29	8	4:05	39	4:37	26.00	2:17:23	5:17	7	26:15	12	
Lap 9	3.25	17:46	5:28	6	3:42	36	4:22	29.25	2:35:09	5:18	7	29:57	87	
Lap 10	3.25	18:21	5:38	7	3:44	35	4:48	32.50	2:53:30	5:20	7	33:41	87	
Lap 11	3.25	19:32	6:00	8	5:26	41	6:00	35.75	3:13:02	5:23	7	39:07	87	
Lap 12	3.25	20:18	6:14	8	5:12	45	6:21	39.00	3:33:20	5:28	7	44:19	87	
Last lap Finish	3.25	19:16	5:55	7	4:27	39	5:31	42.25	3:52:36	5:30	7	48:20	39	1:02:35