



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               |                 | Pos         |                | Behind     |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |