



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Kirsfelds, Lars**

Club: Promillejäger

Number: 66

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:56:27

Speed: 10.66 km/h

Running performance: 5:36 min/km

Rank in course/Total: 51 (of 114)

Rank in course/Men: 44 (of 100)

Best time in course: 2:50:01

Rank in category: 15(of 25)

Best time in the category: 3:06:08

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	17:02	5:14	19	3:48	60	5:02	3.25	17:02	5:14	11		81	
Lap 2	3.25	16:38	5:07	13	2:51	41	3:56	6.50	33:40	5:10	11		81	
Lap 3	3.25	16:20	5:01	10	2:43	33	3:41	9.75	50:00	5:07	11		81	
Lap 4	3.25	16:20	5:01	8	2:48	31	3:43	13.00	1:06:20	5:06	11		81	
Lap 5	3.25	17:30	5:23	17	4:08	50	4:49	16.25	1:23:50	5:09	11		81	
Lap 6	3.25	17:46	5:28	17	4:20	49	4:51	19.50	1:41:36	5:12	11		81	
Lap 7	3.25	18:18	5:37	16	4:48	51	5:17	22.75	1:59:54	5:16	11		81	
Lap 8	3.25	18:32	5:42	15	4:10	49	5:17	26.00	2:18:26	5:19	11		81	
Lap 9	3.25	18:57	5:49	17	4:09	50	5:33	29.25	2:37:23	5:22	11		81	
Lap 10	3.25	19:45	6:04	17	4:47	51	6:12	32.50	2:57:08	5:27	11	0:13	81	
Lap 11	3.25	20:12	6:12	16	5:23	49	6:40	35.75	3:17:20	5:31	11	2:02	81	
Lap 12	3.25	19:52	6:06	15	4:40	41	5:55	39.00	3:37:12	5:34	11	3:10	81	
Last lap Finish	3.25	19:15	5:55	14	4:40	37	5:30	42.25	3:56:27	5:35	15	50:19	44	1:06:26