



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Schlund, Werner

Club: Das Erlebnislauf-Team

Number: 117

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:58:46

Speed: 10.55 km/h

Running performance: 5:39 min/km

Rank in course/Total: 56 (of 114)

Rank in course/Men: 50 (of 100)

Best time in course: 2:50:01

Rank in category: 9(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	17:20	5:19	12	3:10	70	5:20	3.25	17:20	5:19	9	3:10	39	
Lap 2	3.25	17:35	5:24	12	3:36	66	4:53	6.50	34:55	5:22	9	6:40	39	
Lap 3	3.25	17:32	5:23	9	3:39	61	4:53	9.75	52:27	5:22	9	10:19	39	
Lap 4	3.25	18:21	5:38	10	4:17	71	5:44	13.00	1:10:48	5:26	9	14:36	39	
Lap 5	3.25	17:49	5:28	9	4:16	54	5:08	16.25	1:28:37	5:27	9	18:52	25	
Lap 6	3.25	18:32	5:42	10	4:52	63	5:37	19.50	1:47:09	5:29	9	23:44	39	
Lap 7	3.25	18:33	5:42	10	4:37	59	5:32	22.75	2:05:42	5:31	9	28:21	25	
Lap 8	3.25	18:43	5:45	9	4:56	53	5:28	26.00	2:24:25	5:33	9	33:17	25	
Lap 9	3.25	18:39	5:44	9	4:35	46	5:15	29.25	2:43:04	5:34	9	37:52	25	
Lap 10	3.25	18:56	5:49	9	4:19	42	5:23	32.50	3:02:00	5:35	9	42:11	25	
Lap 11	3.25	18:57	5:49	7	4:51	36	5:25	35.75	3:20:57	5:37	9	47:02	39	
Lap 12	3.25	18:59	5:50	4	3:53	33	5:02	39.00	3:39:56	5:38	9	50:55	25	
Last lap Finish	3.25	18:50	5:47	5	4:01	33	5:05	42.25	3:58:46	5:39	9	54:30	50	1:08:45