



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Hench, Michael**

Club: Das Erlebnislaf-Team

Number: 48

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:58:46

Speed: 10.55 km/h

Running performance: 5:39 min/km

Rank in course/Total: 57 (of 114)

Rank in course/Men: 50 (of 100)

Best time in course: 2:50:01

Rank in category: 3(of 10)

Best time in the category: 3:17:19

### 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	17:15	5:18	8	2:55	68	5:15	3.25	17:15	5:18	4	0:25	25	
Lap 2	3.25	17:33	5:24	5	3:10	62	4:51	6.50	34:48	5:21	4	0:54	25	
Lap 3	3.25	17:38	5:25	5	2:47	64	4:59	9.75	52:26	5:22	4	0:56	25	
Lap 4	3.25	17:59	5:31	4	2:52	65	5:22	13.00	1:10:25	5:25	4	0:13	25	
Lap 5	3.25	18:12	5:35	4	3:16	66	5:31	16.25	1:28:37	5:27	4	0:01	25	
Lap 6	3.25	18:33	5:42	4	3:27	64	5:38	19.50	1:47:10	5:29	3	18:27	18	
Lap 7	3.25	18:32	5:42	4	3:29	58	5:31	22.75	2:05:42	5:31	3	21:56	25	
Lap 8	3.25	18:43	5:45	3	3:26	53	5:28	26.00	2:24:25	5:33	3	25:22	25	
Lap 9	3.25	18:39	5:44	3	3:33	46	5:15	29.25	2:43:04	5:34	3	28:55	25	
Lap 10	3.25	18:56	5:49	3	3:31	42	5:23	32.50	3:02:00	5:35	3	32:26	25	
Lap 11	3.25	18:58	5:50	3	3:16	37	5:26	35.75	3:20:58	5:37	3	35:42	25	
Lap 12	3.25	18:58	5:50	3	2:34	32	5:01	39.00	3:39:56	5:38	3	38:16	25	
Last lap Finish	3.25	18:50	5:47	3	3:11	33	5:05	42.25	3:58:46	5:39	3	41:27	50	1:08:45