



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Fröde, Volker

Club: TUS Hamborn-Neumühl

Number: 25

Course: 42.25 km

Marathon

Category:

Senioren M65 (65-69 Jahre)

Total time: 4:14:40

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 75 (of 114)

Rank in course/Men: 68 (of 100)

Best time in course: 2:50:01

Rank in category: 1(of 4)

Best time in the category: 4:14:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	15:45	4:50	1	-	31	3:45	3.25	15:45	4:50	1	-	8		
Lap 2	3.25	16:12	4:59	1	-	30	3:30	6.50	31:57	4:54	1	-	8		
Lap 3	3.25	16:26	5:03	1	-	37	3:47	9.75	48:23	4:57	1	-	8		
Lap 4	3.25	16:22	5:02	1	-	32	3:45	13.00	1:04:45	4:58	1	-	8		
Lap 5	3.25	18:33	5:42	1	-	73	5:52	16.25	1:23:18	5:07	1	-	8		
Lap 6	3.25	18:10	5:35	1	-	58	5:15	19.50	1:41:28	5:12	1	-	8		
Lap 7	3.25	18:49	5:47	1	-	62	5:48	22.75	2:00:17	5:17	1	-	8		
Lap 8	3.25	19:47	6:05	1	-	65	6:32	26.00	2:20:04	5:23	1	-	8		
Lap 9	3.25	20:47	6:23	1	-	69	7:23	29.25	2:40:51	5:29	1	-	8		
Lap 10	3.25	21:36	6:38	1	-	73	8:03	32.50	3:02:27	5:36	1	-	8		
Lap 11	3.25	24:36	7:34	1	-	85	11:04	35.75	3:27:03	5:47	1	-	8		
Lap 12	3.25	23:50	7:19	1	-	80	9:53	39.00	3:50:53	5:55	1	-	8		
Last lap Finish	3.25	23:47	7:19	1	-	78	10:02	42.25	4:14:40	6:01	1	-	68	1:24:39	