



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Hofmann, Friedhelm**

Club: DLR Simmern

Number: 50

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:16:44

Speed: 9.82 km/h

Running performance: 6:05 min/km

Rank in course/Total: 77 (of 114)

Rank in course/Men: 70 (of 100)

Best time in course: 2:50:01

Rank in category: 11(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	19:18	5:56	14	5:08	88	7:18	3.25	19:18	5:56	11	5:08	6	1:11
Lap 2	3.25	19:19	5:56	14	5:20	87	6:37	6.50	38:37	5:56	11	10:22	6	1:38
Lap 3	3.25	19:22	5:57	14	5:29	87	6:43	9.75	57:59	5:56	11	15:51	6	2:07
Lap 4	3.25	19:16	5:55	13	5:12	79	6:39	13.00	1:17:15	5:56	11	21:03	6	1:58
Lap 5	3.25	19:24	5:58	12	5:51	82	6:43	16.25	1:36:39	5:56	11	26:54	6	2:19
Lap 6	3.25	19:24	5:58	13	5:44	77	6:29	19.50	1:56:03	5:57	11	32:38	6	2:17
Lap 7	3.25	19:45	6:04	11	5:49	74	6:44	22.75	2:15:48	5:58	11	38:27	6	2:50
Lap 8	3.25	19:37	6:02	11	5:50	61	6:22	26.00	2:35:25	5:58	11	44:17	6	3:57
Lap 9	3.25	20:03	6:10	11	5:59	61	6:39	29.25	2:55:28	5:59	11	50:16	6	4:52
Lap 10	3.25	19:34	6:01	10	4:57	49	6:01	32.50	3:15:02	6:00	11	55:13	6	4:35
Lap 11	3.25	19:46	6:04	9	5:40	42	6:14	35.75	3:34:48	6:00	11	1:00:53	6	4:24
Lap 12	3.25	20:51	6:24	9	5:45	52	6:54	39.00	3:55:39	6:02	11	1:06:38	6	4:43
Last lap Finish	3.25	21:05	6:29	9	6:16	58	7:20	42.25	4:16:44	6:04	11	1:12:28	70	1:26:43