



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Konstantinidis, Georg

Club: LuT Aschaffenburg

Number: 69

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:22:46

Speed: 9.59 km/h

Running performance: 6:13 min/km

Rank in course/Total: 81 (of 114)

Rank in course/Men: 73 (of 100)

Best time in course: 2:50:01

Rank in category: 23(of 25)

Best time in the category: 3:06:08

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. | Pos Men | Behind Men |
|-----------------|----------|------------|--------------|----------|-------------|-------------|------------|----------|------------|--------------|----------|-------------|---------|------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | | | | |
| Lap 1 | 3.25 | 18:04 | 5:33 | 24 | 4:50 | 77 | 6:04 | 3.25 | 18:04 | 5:33 | 4 | | 3 | |
| Lap 2 | 3.25 | 18:19 | 5:38 | 24 | 4:32 | 77 | 5:37 | 6.50 | 36:23 | 5:35 | 4 | 1:19 | 3 | |
| Lap 3 | 3.25 | 17:06 | 5:15 | 17 | 3:29 | 51 | 4:27 | 9.75 | 53:29 | 5:29 | 4 | 1:09 | 3 | |
| Lap 4 | 3.25 | 17:37 | 5:25 | 20 | 4:05 | 57 | 5:00 | 13.00 | 1:11:06 | 5:28 | 4 | 1:22 | 3 | |
| Lap 5 | 3.25 | 18:08 | 5:34 | 22 | 4:46 | 63 | 5:27 | 16.25 | 1:29:14 | 5:29 | 4 | 2:01 | 3 | |
| Lap 6 | 3.25 | 18:08 | 5:34 | 19 | 4:42 | 57 | 5:13 | 19.50 | 1:47:22 | 5:30 | 4 | 2:37 | 3 | |
| Lap 7 | 3.25 | 18:59 | 5:50 | 23 | 5:29 | 66 | 5:58 | 22.75 | 2:06:21 | 5:33 | 4 | 4:13 | 3 | |
| Lap 8 | 3.25 | 19:57 | 6:08 | 21 | 5:35 | 70 | 6:42 | 26.00 | 2:26:18 | 5:37 | 4 | 3:57 | 3 | |
| Lap 9 | 3.25 | 21:17 | 6:32 | 23 | 6:29 | 76 | 7:53 | 29.25 | 2:47:35 | 5:43 | 4 | 8:28 | 3 | |
| Lap 10 | 3.25 | 22:50 | 7:01 | 23 | 7:52 | 81 | 9:17 | 32.50 | 3:10:25 | 5:51 | 4 | 13:30 | 3 | |
| Lap 11 | 3.25 | 22:38 | 6:57 | 23 | 7:49 | 72 | 9:06 | 35.75 | 3:33:03 | 5:57 | 4 | 17:45 | 3 | 2:39 |
| Lap 12 | 3.25 | 25:14 | 7:45 | 24 | 10:02 | 87 | 11:17 | 39.00 | 3:58:17 | 6:06 | 4 | 24:15 | 3 | 7:21 |
| Last lap Finish | 3.25 | 24:29 | 7:31 | 24 | 9:54 | 85 | 10:44 | 42.25 | 4:22:46 | 6:13 | 23 | 1:16:38 | 73 | 1:32:45 |