



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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
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