



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Loose, Marc

Club: Life is Running

Number: 81

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:23:43

Speed: 9.56 km/h

Running performance: 6:14 min/km

Rank in course/Total: 85 (of 114)

Rank in course/Men: 77 (of 100)

Best time in course: 2:50:01

Rank in category: 24(of 25)

Best time in the category: 3:06:08

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	15:40	4:49	11	2:26	30	3:40	3.25	15:40	4:49	3		49	
Lap 2	3.25	16:23	5:02	11	2:36	37	3:41	6.50	32:03	4:55	3		49	
Lap 3	3.25	16:19	5:01	9	2:42	31	3:40	9.75	48:22	4:57	3		49	
Lap 4	3.25	17:22	5:20	17	3:50	51	4:45	13.00	1:05:44	5:03	3		49	
Lap 5	3.25	18:05	5:33	21	4:43	62	5:24	16.25	1:23:49	5:09	3		49	
Lap 6	3.25	18:51	5:48	23	5:25	66	5:56	19.50	1:42:40	5:15	3		49	
Lap 7	3.25	18:29	5:41	18	4:59	56	5:28	22.75	2:01:09	5:19	3		49	
Lap 8	3.25	21:44	6:41	25	7:22	89	8:29	26.00	2:22:53	5:29	3	0:32	49	
Lap 9	3.25	24:31	7:32	25	9:43	93	11:07	29.25	2:47:24	5:43	3	8:17	49	
Lap 10	3.25	24:27	7:31	25	9:29	92	10:54	32.50	3:11:51	5:54	3	14:56	49	1:24
Lap 11	3.25	25:31	7:51	25	10:42	92	11:59	35.75	3:37:22	6:04	3	22:04	49	6:58
Lap 12	3.25	23:17	7:09	21	8:05	74	9:20	39.00	4:00:39	6:10	3	26:37	49	9:43
Last lap Finish	3.25	23:04	7:05	21	8:29	74	9:19	42.25	4:23:43	6:14	24	1:17:35	77	1:33:42