



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Elster, Dirk

Club: Einzelkämpfer

Number: 22

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:33:48

Speed: 9.20 km/h

Running performance: 6:29 min/km

Rank in course/Total: 93 (of 114)

Rank in course/Men: 85 (of 100)

Best time in course: 2:50:01

Rank in category: 17(of 19)

Best time in the category: 3:07:48

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:28	5:22	12	3:55	73	5:28	3.25	17:28	5:22	4		41	
Lap 2	3.25	17:41	5:26	11	3:50	69	4:59	6.50	35:09	5:24	4		41	
Lap 3	3.25	18:09	5:35	11	4:22	72	5:30	9.75	53:18	5:28	4		41	
Lap 4	3.25	18:15	5:36	11	4:16	68	5:38	13.00	1:11:33	5:30	4		41	
Lap 5	3.25	18:49	5:47	12	4:29	77	6:08	16.25	1:30:22	5:33	4		41	
Lap 6	3.25	19:47	6:05	14	5:16	81	6:52	19.50	1:50:09	5:38	4	1:19	41	
Lap 7	3.25	20:01	6:09	13	5:26	79	7:00	22.75	2:10:10	5:43	4	3:41	41	
Lap 8	3.25	21:22	6:34	17	6:43	84	8:07	26.00	2:31:32	5:49	4	6:46	41	0:04
Lap 9	3.25	21:55	6:44	16	7:01	81	8:31	29.25	2:53:27	5:55	4	6:28	41	2:51
Lap 10	3.25	23:40	7:16	18	8:53	86	10:07	32.50	3:17:07	6:03	4	9:33	41	6:40
Lap 11	3.25	25:21	7:48	18	10:25	89	11:49	35.75	3:42:28	6:13	4	14:44	41	12:04
Lap 12	3.25	25:24	7:48	18	10:17	88	11:27	39.00	4:07:52	6:21	4	17:31	41	16:56
Last lap Finish	3.25	25:56	7:58	19	11:07	93	12:11	42.25	4:33:48	6:28	17	1:26:00	85	1:43:47