



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Rödel, Sascha

Club: TDM Bamberg

Number: 388

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:32:15

Speed: 14.31 km/h

Running performance: 4:03 min/km

Rank in course/Total: 3 (of 380)

Rank in course/Men: 2 (of 294)

Best time in course: 1:32:06

Rank in category: 1(of 48)

Best time in the category: 1:32:15

Intermediate times				Stage score				Total ranking						
Control	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	12:53	3:57	1	-	5	0:43	3.25	12:53	3:57	1	-	5	0:43
Lap 2	3.25	12:26	3:49	3	1:39	5	1:39	6.50	25:19	3:53	1	-	5	0:31
Lap 3	3.25	13:24	4:07	1	-	3	0:10	9.75	38:43	3:58	1	-	5	0:33
Lap 4	3.25	13:16	4:04	1	-	1	-	13.00	51:59	3:59	1	-	3	0:20
Lap 5	3.25	13:30	4:09	1	-	3	0:03	16.25	1:05:29	4:01	1	-	3	0:03
Lap 6	3.25	13:26	4:08	1	-	3	0:10	19.50	1:18:55	4:02	1	-	1	-
Last lap Finish	3.25	13:20	4:06	1	-	7	1:15	22.75	1:32:15	4:03	1	-	3	0:09