



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hildebrand, Berno

Club: 1.FC Köln

Number: 370

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 1:36:11

Speed: 13.72 km/h

Running performance: 4:14 min/km

Rank in course/Total: 15 (of 380)

Rank in course/Men: 8 (of 294)

Best time in course: 1:32:06

Rank in category: 1(of 14)

Best time in the category: 1:36:11

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	12:10	3:44	1	-	1	-	3.25	12:10	3:44	1	-	1	-
Lap 2	3.25	12:38	3:53	1	-	9	1:51	6.50	24:48	3:48	1	-	1	-
Lap 3	3.25	13:35	4:10	1	-	9	0:21	9.75	38:23	3:56	1	-	3	0:13
Lap 4	3.25	13:48	4:14	1	-	11	0:32	13.00	52:11	4:00	1	-	7	0:32
Lap 5	3.25	14:38	4:30	1	-	17	1:11	16.25	1:06:49	4:06	1	-	7	1:23
Lap 6	3.25	14:34	4:28	1	-	19	1:18	19.50	1:21:23	4:10	1	-	7	2:28
Last lap Finish	3.25	14:48	4:33	1	-	23	2:43	22.75	1:36:11	4:13	1	-	15	4:05