



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Lang, Frank

Club: SV Flottweg Dernbach

Number: 371

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:43:43

Speed: 12.73 km/h

Running performance: 4:34 min/km

Rank in course/Total: 33 (of 380)

Rank in course/Men: 16 (of 294)

Best time in course: 1:32:06

Rank in category: 1(of 54)

Best time in the category: 1:43:43

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	14:15	4:23	5	0:08	31	2:05	3.25	14:15	4:23	5	0:08	31	2:05
Lap 2	3.25	14:15	4:23	5	0:08	35	3:28	6.50	28:30	4:23	5	0:16	35	3:42
Lap 3	3.25	14:36	4:29	1	-	31	1:22	9.75	43:06	4:25	3	0:11	33	4:56
Lap 4	3.25	15:00	4:36	3	0:09	33	1:44	13.00	58:06	4:28	3	0:20	35	6:27
Lap 5	3.25	15:14	4:41	1	-	31	1:47	16.25	1:13:20	4:30	3	0:13	35	7:54
Lap 6	3.25	15:00	4:36	1	-	27	1:44	19.50	1:28:20	4:31	1	-	31	9:25
Last lap Finish	3.25	15:23	4:44	5	0:45	39	3:18	22.75	1:43:43	4:33	1	-	31	11:37