



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Plehn, Karsten

Club: LC Blueliner

Number: 358

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:43:16

Speed: 12.78 km/h

Running performance: 4:32 min/km

Rank in course/Total: 31 (of 380)

Rank in course/Men: 15 (of 294)

Best time in course: 1:32:06

Rank in category: 3(of 46)

Best time in the category: 1:41:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	13:57	4:17	5	0:31	23	1:47	3.25	13:57	4:17	5	0:31	23	1:47	
Lap 2	3.25	13:57	4:17	5	0:29	27	3:10	6.50	27:54	4:17	5	1:00	27	3:06	
Lap 3	3.25	14:35	4:29	5	0:04	29	1:21	9.75	42:29	4:21	5	1:04	29	4:19	
Lap 4	3.25	14:45	4:32	3	0:05	29	1:29	13.00	57:14	4:24	5	0:37	29	5:35	
Lap 5	3.25	15:12	4:40	3	0:27	29	1:45	16.25	1:12:26	4:27	5	0:55	27	7:00	
Lap 6	3.25	15:23	4:44	3	0:08	33	2:07	19.50	1:27:49	4:30	5	1:03	29	8:54	
Last lap Finish	3.25	15:27	4:45	5	0:29	43	3:22	22.75	1:43:16	4:32	5	1:32	29	11:10	