



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Matalla, Gerd

Club: SV 1916 Beuna

Number: 339

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:45:00

Speed: 12.57 km/h

Running performance: 4:37 min/km

Rank in course/Total: 41 (of 380)

Rank in course/Men: 20 (of 294)

Best time in course: 1:32:06

Rank in category: 3(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	14:07	4:20	1	-	27	1:57	3.25	14:07	4:20	1	-	27	1:57
Lap 2	3.25	14:07	4:20	1	-	31	3:20	6.50	28:14	4:20	1	-	31	3:26
Lap 3	3.25	14:41	4:31	3	0:05	37	1:27	9.75	42:55	4:24	1	-	31	4:45
Lap 4	3.25	14:51	4:34	1	-	31	1:35	13.00	57:46	4:26	1	-	31	6:07
Lap 5	3.25	15:21	4:43	5	0:07	37	1:54	16.25	1:13:07	4:29	1	-	33	7:41
Lap 6	3.25	15:54	4:53	11	0:54	47	2:38	19.50	1:29:01	4:33	3	0:41	33	10:06
Last lap Finish	3.25	15:59	4:55	11	1:21	55	3:54	22.75	1:45:00	4:36	5	1:17	39	12:54