



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Lorenz, Hendrik

Club: LSG Deutsche Bank Halle
Number: 350

Course: 22.75 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:49:07

Speed: 12.10 km/h
Running performance: 4:48 min/km

Rank in course/Total: 55 (of 380)

Rank in course/Men: 26 (of 294)

Best time in course: 1:32:06

Rank in category: 4(of 32)

Best time in the category: 1:32:06

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	15:39	4:48	13	2:46	89	3:29	3.25	15:39	4:48	13	2:46	89	3:29
Lap 2	3.25	15:08	4:39	7	2:42	51	4:21	6.50	30:47	4:44	9	5:28	67	5:59
Lap 3	3.25	15:41	4:49	13	2:17	63	2:27	9.75	46:28	4:45	13	7:45	69	8:18
Lap 4	3.25	15:59	4:55	11	2:43	63	2:43	13.00	1:02:27	4:48	13	10:28	67	10:48
Lap 5	3.25	15:47	4:51	7	2:20	49	2:20	16.25	1:18:14	4:48	9	12:45	57	12:48
Lap 6	3.25	15:54	4:53	7	2:28	47	2:38	19.50	1:34:08	4:49	9	15:13	59	15:13
Last lap Finish	3.25	14:59	4:36	7	1:48	31	2:54	22.75	1:49:07	4:47	7	17:01	51	17:01