



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Appel, Björn

Club: Catch us if you can Rodgau
Number: 220

Course: 22.75 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:51:14

Speed: 11.87 km/h
Running performance: 4:53 min/km

Rank in course/Total: 67 (of 380)

Rank in course/Men: 31 (of 294)

Best time in course: 1:32:06

Rank in category: 6(of 46)

Best time in the category: 1:32:38

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	15:59	4:55	19	3:17	109	3:49	3.25	15:59	4:55	19	3:17	109	3:49
Lap 2	3.25	15:31	4:46	15	3:17	71	4:44	6.50	31:30	4:50	17	6:34	87	6:42
Lap 3	3.25	15:44	4:50	11	2:30	67	2:30	9.75	47:14	4:50	15	9:04	77	9:04
Lap 4	3.25	15:44	4:50	11	2:15	53	2:28	13.00	1:02:58	4:50	15	11:19	71	11:19
Lap 5	3.25	16:13	4:59	9	2:26	63	2:46	16.25	1:19:11	4:52	9	13:45	65	13:45
Lap 6	3.25	16:13	4:59	11	2:57	57	2:57	19.50	1:35:24	4:53	11	16:26	67	16:29
Last lap Finish	3.25	15:50	4:52	11	3:45	51	3:45	22.75	1:51:14	4:53	11	18:36	61	19:08