



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

## Detailed evaluation

**Böhme, Henrik**

Club: Könnern

Number: 288

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:57:54

Speed: 11.20 km/h

Running performance: 5:11 min/km

Rank in course/Total: 109 (of 380)

Rank in course/Men: 52 (of 294)

Best time in course: 1:32:06

Rank in category: 9(of 46)

Best time in the category: 1:41:44

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.25        | 17:10         | 5:16            | 25          | 3:44           | 169         | 5:00          | 3.25          | 17:10         | 5:16            | 25          | 3:44           | 169        | 5:00          |
| Lap 2           | 3.25        | 16:22         | 5:02            | 19          | 2:54           | 117         | 5:35          | 6.50          | 33:32         | 5:09            | 21          | 6:38           | 131        | 8:44          |
| Lap 3           | 3.25        | 16:31         | 5:04            | 15          | 2:00           | 97          | 3:17          | 9.75          | 50:03         | 5:07            | 21          | 8:38           | 121        | 11:53         |
| Lap 4           | 3.25        | 16:44         | 5:08            | 13          | 2:04           | 87          | 3:28          | 13.00         | 1:06:47       | 5:08            | 19          | 10:10          | 113        | 15:08         |
| Lap 5           | 3.25        | 16:37         | 5:06            | 13          | 1:52           | 83          | 3:10          | 16.25         | 1:23:24       | 5:07            | 17          | 11:53          | 105        | 17:58         |
| Lap 6           | 3.25        | 17:19         | 5:19            | 17          | 2:04           | 99          | 4:03          | 19.50         | 1:40:43       | 5:09            | 17          | 13:57          | 103        | 21:48         |
| Last lap Finish | 3.25        | 17:11         | 5:17            | 13          | 2:13           | 97          | 5:06          | 22.75         | 1:57:54       | 5:10            | 17          | 16:10          | 103        | 25:48         |