



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Springfeld, Frank

Club: Eckernförder MTV

Number: 360

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:58:14

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 113 (of 380)

Rank in course/Men: 54 (of 294)

Best time in course: 1:32:06

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:12	4:59	19	2:46	115	4:02	3.25	16:12	4:59	19	2:46	115	4:02
Lap 2	3.25	16:32	5:05	21	3:04	121	5:45	6.50	32:44	5:02	19	5:50	115	7:56
Lap 3	3.25	17:01	5:14	23	2:30	133	3:47	9.75	49:45	5:06	19	8:20	113	11:35
Lap 4	3.25	17:03	5:14	19	2:23	121	3:47	13.00	1:06:48	5:08	21	10:11	115	15:09
Lap 5	3.25	17:02	5:14	19	2:17	103	3:35	16.25	1:23:50	5:09	21	12:19	117	18:24
Lap 6	3.25	17:13	5:17	15	1:58	91	3:57	19.50	1:41:03	5:10	19	14:17	107	22:08
Last lap Finish	3.25	17:11	5:17	13	2:13	97	5:06	22.75	1:58:14	5:11	19	16:30	107	26:08