



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Nicolai, Sascha

Club: Schweißfuß

Number: 342

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:57:56

Speed: 11.19 km/h

Running performance: 5:11 min/km

Rank in course/Total: 111 (of 380)

Rank in course/Men: 53 (of 294)

Best time in course: 1:32:06

Rank in category: 8(of 48)

Best time in the category: 1:32:15

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	15:25	4:44	9	2:32	75	3:15	3.25	15:25	4:44	9	2:32	75	3:15	
Lap 2	3.25	16:16	5:00	13	5:29	105	5:29	6.50	31:41	4:52	13	6:22	93	6:53	
Lap 3	3.25	16:56	5:12	21	3:32	129	3:42	9.75	48:37	4:59	13	9:54	101	10:27	
Lap 4	3.25	16:58	5:13	17	3:42	113	3:42	13.00	1:05:35	5:02	15	13:36	103	13:56	
Lap 5	3.25	17:14	5:18	15	3:44	113	3:47	16.25	1:22:49	5:05	15	17:20	103	17:23	
Lap 6	3.25	17:31	5:23	15	4:05	111	4:15	19.50	1:40:20	5:08	15	21:25	101	21:25	
Last lap Finish	3.25	17:36	5:24	25	4:16	125	5:31	22.75	1:57:56	5:11	15	25:41	105	25:50	