



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Mönnikes, Hans-Dieter

Club: Non-Stop-Ultra

Number: 386

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:58:25

Speed: 11.15 km/h

Running performance: 5:13 min/km

Rank in course/Total: 117 (of 380)

Rank in course/Men: 56 (of 294)

Best time in course: 1:32:06

Rank in category: 2(of 32)

Best time in the category: 1:41:22

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	16:51	5:11	11	1:51	143	4:41	3.25	16:51	5:11	11	1:51	143	4:41
Lap 2	3.25	16:30	5:04	3	3:42	119	5:43	6.50	33:21	5:07	5	5:33	125	8:33
Lap 3	3.25	16:27	5:03	3	1:59	95	3:13	9.75	49:48	5:06	3	7:32	115	11:38
Lap 4	3.25	16:57	5:12	3	2:18	109	3:41	13.00	1:06:45	5:08	3	9:50	111	15:06
Lap 5	3.25	16:52	5:11	3	2:08	93	3:25	16.25	1:23:37	5:08	3	11:58	111	18:11
Lap 6	3.25	17:08	5:16	3	2:15	87	3:52	19.50	1:40:45	5:10	3	14:13	105	21:50
Last lap Finish	3.25	17:40	5:26	7	2:50	131	5:35	22.75	1:58:25	5:12	3	17:03	111	26:19