



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Helmich, Patrick

Club: PepiClean - Wash&Run

Number: 4

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:59:09

Speed: 11.08 km/h

Running performance: 5:14 min/km

Rank in course/Total: 123 (of 380)

Rank in course/Men: 59 (of 294)

Best time in course: 1:32:06

Rank in category: 10(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	17:00	5:13	21	4:18	151	4:50	3.25	17:00	5:13	21	4:18	151	4:50
Lap 2	3.25	16:44	5:08	23	4:30	135	5:57	6.50	33:44	5:11	21	8:48	137	8:56
Lap 3	3.25	16:46	5:09	19	3:32	113	3:32	9.75	50:30	5:10	21	12:20	131	12:20
Lap 4	3.25	16:46	5:09	15	3:17	89	3:30	13.00	1:07:16	5:10	21	15:37	123	15:37
Lap 5	3.25	16:59	5:13	13	3:12	99	3:32	16.25	1:24:15	5:11	21	18:49	119	18:49
Lap 6	3.25	17:17	5:19	13	4:01	95	4:01	19.50	1:41:32	5:12	19	22:34	115	22:37
Last lap Finish	3.25	17:37	5:25	21	5:32	129	5:32	22.75	1:59:09	5:14	19	26:31	117	27:03