



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Lange, Heiko

Club: Viba Anschütz

Number: 314

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:01:16

Speed: 10.89 km/h

Running performance: 5:20 min/km

Rank in course/Total: 147 (of 380)

Rank in course/Men: 67 (of 294)

Best time in course: 1:32:06

Rank in category: 4(of 32)

Best time in the category: 1:41:22

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	16:46	5:09	7	1:46	135	4:36	3.25	16:46	5:09	7	1:46	135	4:36
Lap 2	3.25	17:16	5:18	11	4:28	159	6:29	6.50	34:02	5:14	9	6:14	145	9:14
Lap 3	3.25	17:08	5:16	5	2:40	135	3:54	9.75	51:10	5:14	7	8:54	143	13:00
Lap 4	3.25	17:22	5:20	5	2:43	135	4:06	13.00	1:08:32	5:16	7	11:37	137	16:53
Lap 5	3.25	17:34	5:24	5	2:50	131	4:07	16.25	1:26:06	5:17	7	14:27	139	20:40
Lap 6	3.25	17:45	5:27	5	2:52	125	4:29	19.50	1:43:51	5:19	7	17:19	135	24:56
Last lap Finish	3.25	17:25	5:21	5	2:35	109	5:20	22.75	2:01:16	5:19	7	19:54	133	29:10