



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Jäger, Lothar

Club: Dets Laufladen

Number: 233

Course: 22.75 km

Halbmarathon

Category:

Senioren M65 (65-69 Jahre)

Total time: 2:04:03

Speed: 10.64 km/h

Running performance: 5:27 min/km

Rank in course/Total: 169 (of 380)

Rank in course/Men: 71 (of 294)

Best time in course: 1:32:06

Rank in category: 2(of 8)

Best time in the category: 1:57:23

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	17:32	5:23	3	1:54	185	5:22	3.25	17:32	5:23	3	1:54	185	5:22	
Lap 2	3.25	17:50	5:29	3	2:18	199	7:03	6.50	35:22	5:26	3	4:12	193	10:34	
Lap 3	3.25	17:56	5:31	3	1:37	183	4:42	9.75	53:18	5:28	3	5:49	187	15:08	
Lap 4	3.25	17:54	5:30	3	1:05	161	4:38	13.00	1:11:12	5:28	3	6:54	177	19:33	
Lap 5	3.25	17:54	5:30	3	0:32	145	4:27	16.25	1:29:06	5:28	3	7:26	167	23:40	
Lap 6	3.25	17:47	5:28	1	-	129	4:31	19.50	1:46:53	5:28	3	7:23	159	27:58	
Last lap Finish	3.25	17:10	5:16	1	-	93	5:05	22.75	2:04:03	5:27	3	6:40	141	31:57	