



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Heuser, Detlef

Club: Haldenflitzer

Number: 380

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:04:48

Speed: 10.58 km/h

Running performance: 5:29 min/km

Rank in course/Total: 179 (of 380)

Rank in course/Men: 76 (of 294)

Best time in course: 1:32:06

Rank in category: 6(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	17:11	5:17	15	2:11	173	5:01	3.25	17:11	5:17	15	2:11	173	5:01
Lap 2	3.25	17:12	5:17	7	4:24	155	6:25	6.50	34:23	5:17	13	6:35	161	9:35
Lap 3	3.25	17:23	5:20	11	2:55	153	4:09	9.75	51:46	5:18	11	9:30	151	13:36
Lap 4	3.25	17:48	5:28	11	3:09	157	4:32	13.00	1:09:34	5:21	11	12:39	155	17:55
Lap 5	3.25	18:11	5:35	13	3:27	167	4:44	16.25	1:27:45	5:24	11	16:06	155	22:19
Lap 6	3.25	18:45	5:46	17	3:52	171	5:29	19.50	1:46:30	5:27	11	19:58	153	27:35
Last lap Finish	3.25	18:18	5:37	13	3:28	147	6:13	22.75	2:04:48	5:29	11	23:26	151	32:42