



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Diewald, Björn

Club: Rasende Böcke

Number: 300

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:04:11

Speed: 10.63 km/h

Running performance: 5:28 min/km

Rank in course/Total: 171 (of 380)

Rank in course/Men: 72 (of 294)

Best time in course: 1:32:06

Rank in category: 11(of 46)

Best time in the category: 1:41:44

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 | 18:13 | 5:36 | 33 | 4:47 | 223 | 6:03 | 3.25 | 18:13 | 5:36 | 33 | 4:47 | 223 | 6:03 |
| Lap 2 | 3.25 | 17:40 | 5:26 | 29 | 4:12 | 187 | 6:53 | 6.50 | 35:53 | 5:31 | 31 | 8:59 | 211 | 11:05 |
| Lap 3 | 3.25 | 17:26 | 5:21 | 27 | 2:55 | 155 | 4:12 | 9.75 | 53:19 | 5:28 | 29 | 11:54 | 191 | 15:09 |
| Lap 4 | 3.25 | 17:40 | 5:26 | 27 | 3:00 | 151 | 4:24 | 13.00 | 1:10:59 | 5:27 | 27 | 14:22 | 173 | 19:20 |
| Lap 5 | 3.25 | 17:44 | 5:27 | 23 | 2:59 | 141 | 4:17 | 16.25 | 1:28:43 | 5:27 | 27 | 17:12 | 163 | 23:17 |
| Lap 6 | 3.25 | 18:02 | 5:32 | 23 | 2:47 | 145 | 4:46 | 19.50 | 1:46:45 | 5:28 | 27 | 19:59 | 155 | 27:50 |
| Last lap Finish | 3.25 | 17:26 | 5:21 | 17 | 2:28 | 115 | 5:21 | 22.75 | 2:04:11 | 5:27 | 21 | 22:27 | 143 | 32:05 |