



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Niemann, Jörg

Club: Turbine Halle

Number: 201

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:05:35

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 189 (of 380)

Rank in course/Men: 80 (of 294)

Best time in course: 1:32:06

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:38	4:48	17	2:12	83	3:28	3.25	15:38	4:48	17	2:12	83	3:28
Lap 2	3.25	16:15	5:00	17	2:47	103	5:28	6.50	31:53	4:54	17	4:59	101	7:05
Lap 3	3.25	16:50	5:10	19	2:19	123	3:36	9.75	48:43	4:59	17	7:18	103	10:33
Lap 4	3.25	17:18	5:19	21	2:38	129	4:02	13.00	1:06:01	5:04	17	9:24	105	14:22
Lap 5	3.25	17:30	5:23	21	2:45	125	4:03	16.25	1:23:31	5:08	19	12:00	107	18:05
Lap 6	3.25	20:15	6:13	33	5:00	221	6:59	19.50	1:43:46	5:19	21	17:00	133	24:51
Last lap Finish	3.25	21:49	6:42	37	6:51	235	9:44	22.75	2:05:35	5:31	25	23:51	159	33:29