



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Meyer, Dieter

Club: Laufspass SW Sende

Number: 387

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:08:09

Speed: 10.30 km/h

Running performance: 5:38 min/km

Rank in course/Total: 219 (of 380)

Rank in course/Men: 92 (of 294)

Best time in course: 1:32:06

Rank in category: 8(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	18:50	5:47	25	3:50	253	6:40	3.25	18:50	5:47	25	3:50	253	6:40
Lap 2	3.25	18:43	5:45	19	5:55	235	7:56	6.50	37:33	5:46	19	9:45	235	12:45
Lap 3	3.25	18:09	5:35	17	3:41	205	4:55	9.75	55:42	5:42	19	13:26	227	17:32
Lap 4	3.25	18:01	5:32	13	3:22	167	4:45	13.00	1:13:43	5:40	17	16:48	217	22:04
Lap 5	3.25	18:10	5:35	11	3:26	163	4:43	16.25	1:31:53	5:39	17	20:14	201	26:27
Lap 6	3.25	18:16	5:37	11	3:23	153	5:00	19.50	1:50:09	5:38	17	23:37	193	31:14
Last lap Finish	3.25	18:00	5:32	9	3:10	139	5:55	22.75	2:08:09	5:37	15	26:47	183	36:03