



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Kosters, Mark

Club: Hoevelaken

Number: 208

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:08:35

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 225 (of 380)

Rank in course/Men: 95 (of 294)

Best time in course: 1:32:06

Rank in category: 16(of 54)

Best time in the category: 1:43:43

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	17:26	5:21	33	3:19	179	5:16	3.25	17:26	5:21	33	3:19	179	5:16
Lap 2	3.25	17:05	5:15	25	2:58	151	6:18	6.50	34:31	5:18	33	6:17	169	9:43
Lap 3	3.25	17:45	5:27	29	3:09	171	4:31	9.75	52:16	5:21	25	9:21	169	14:06
Lap 4	3.25	18:32	5:42	35	3:41	199	5:16	13.00	1:10:48	5:26	29	13:02	171	19:09
Lap 5	3.25	18:37	5:43	33	3:23	191	5:10	16.25	1:29:25	5:30	27	16:18	177	23:59
Lap 6	3.25	19:24	5:58	35	4:24	197	6:08	19.50	1:48:49	5:34	29	20:29	183	29:54
Last lap Finish	3.25	19:46	6:04	31	5:08	197	7:41	22.75	2:08:35	5:39	31	24:52	189	36:29