



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Conrads, Axel

Club: Heidelberg

Number: 383

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:09:21

Speed: 10.20 km/h

Running performance: 5:41 min/km

Rank in course/Total: 227 (of 380)

Rank in course/Men: 96 (of 294)

Best time in course: 1:32:06

Rank in category: 18(of 48)

Best time in the category: 1:32:15

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	41	5:20	223	6:03	3.25	18:13	5:36	41	5:20	223	6:03
Lap 2	3.25	18:22	5:39	37	7:35	223	7:35	6.50	36:35	5:37	39	11:16	225	11:47
Lap 3	3.25	17:58	5:31	27	4:34	187	4:44	9.75	54:33	5:35	37	15:50	217	16:23
Lap 4	3.25	18:17	5:37	33	5:01	185	5:01	13.00	1:12:50	5:36	37	20:51	201	21:11
Lap 5	3.25	18:29	5:41	31	4:59	187	5:02	16.25	1:31:19	5:37	35	25:50	195	25:53
Lap 6	3.25	19:00	5:50	31	5:34	181	5:44	19.50	1:50:19	5:39	35	31:24	199	31:24
Last lap Finish	3.25	19:02	5:51	31	5:42	165	6:57	22.75	2:09:21	5:41	35	37:06	191	37:15