



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Fasold, Frank

Club: FFaCon

Number: 304

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:14:44

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 249 (of 380)

Rank in course/Men: 105 (of 294)

Best time in course: 1:32:06

Rank in category: 19(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:04	5:15	27	4:11	159	4:54	3.25	17:04	5:15	27	4:11	159	4:54
Lap 2	3.25	17:36	5:24	31	6:49	181	6:49	6.50	34:40	5:19	29	9:21	173	9:52
Lap 3	3.25	17:59	5:31	29	4:35	189	4:45	9.75	52:39	5:23	29	13:56	179	14:29
Lap 4	3.25	19:29	5:59	37	6:13	223	6:13	13.00	1:12:08	5:32	33	20:09	195	20:29
Lap 5	3.25	20:28	6:17	41	6:58	239	7:01	16.25	1:32:36	5:41	37	27:07	211	27:10
Lap 6	3.25	20:58	6:27	39	7:32	239	7:42	19.50	1:53:34	5:49	37	34:39	209	34:39
Last lap Finish	3.25	21:10	6:30	43	7:50	229	9:05	22.75	2:14:44	5:55	37	42:29	209	42:38