



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Dörries, Klaus

Club: TML300

Number: 328

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:18:39

Speed: 9.52 km/h

Running performance: 6:05 min/km

Rank in course/Total: 273 (of 380)

Rank in course/Men: 114 (of 294)

Best time in course: 1:32:06

Rank in category: 17(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.	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	19:14	5:55	37	5:48	261	7:04	3.25	19:14	5:55	37	5:48	261	7:04
Lap 2	3.25	20:28	6:17	35	7:00	271	9:41	6.50	39:42	6:06	35	12:48	267	14:54
Lap 3	3.25	20:31	6:18	35	6:00	261	7:17	9.75	1:00:13	6:10	35	18:48	265	22:03
Lap 4	3.25	19:40	6:03	35	5:00	233	6:24	13.00	1:19:53	6:08	35	23:16	253	28:14
Lap 5	3.25	19:23	5:57	33	4:38	209	5:56	16.25	1:39:16	6:06	35	27:45	247	33:50
Lap 6	3.25	19:59	6:08	31	4:44	211	6:43	19.50	1:59:15	6:06	35	32:29	245	40:20
Last lap Finish	3.25	19:24	5:58	25	4:26	191	7:19	22.75	2:18:39	6:05	33	36:55	227	46:33