



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Andresen, Heinz

Club: Eckernförder MTV

Number: 363

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:18:52

Speed: 9.51 km/h

Running performance: 6:06 min/km

Rank in course/Total: 275 (of 380)

Rank in course/Men: 115 (of 294)

Best time in course: 1:32:06

Rank in category: 11(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	19:32	6:00	29	4:32	269	7:22	3.25	19:32	6:00	29	4:32	269	7:22	
Lap 2	3.25	19:48	6:05	27	7:00	257	9:01	6.50	39:20	6:03	29	11:32	263	14:32	
Lap 3	3.25	19:40	6:03	27	5:12	245	6:26	9.75	59:00	6:03	29	16:44	257	20:50	
Lap 4	3.25	19:25	5:58	21	4:46	217	6:09	13.00	1:18:25	6:01	25	21:30	241	26:46	
Lap 5	3.25	19:38	6:02	23	4:54	215	6:11	16.25	1:38:03	6:02	25	26:24	239	32:37	
Lap 6	3.25	20:28	6:17	23	5:35	223	7:12	19.50	1:58:31	6:04	25	31:59	241	39:36	
Last lap Finish	3.25	20:21	6:15	19	5:31	209	8:16	22.75	2:18:52	6:06	21	37:30	229	46:46	