



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Grant, Ronny

Club: Bielefeld

Number: 268

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:19:19

Speed: 9.47 km/h

Running performance: 6:07 min/km

Rank in course/Total: 277 (of 380)

Rank in course/Men: 116 (of 294)

Best time in course: 1:32:06

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:42	5:45	23	3:42	245	6:32	3.25	18:42	5:45	23	3:42	245	6:32
Lap 2	3.25	19:17	5:56	25	6:29	245	8:30	6.50	37:59	5:50	23	10:11	241	13:11
Lap 3	3.25	19:37	6:02	25	5:09	243	6:23	9.75	57:36	5:54	23	15:20	239	19:26
Lap 4	3.25	19:37	6:02	23	4:58	227	6:21	13.00	1:17:13	5:56	23	20:18	231	25:34
Lap 5	3.25	20:01	6:09	25	5:17	225	6:34	16.25	1:37:14	5:59	23	25:35	231	31:48
Lap 6	3.25	20:38	6:20	25	5:45	227	7:22	19.50	1:57:52	6:02	23	31:20	233	38:57
Last lap Finish	3.25	21:27	6:35	23	6:37	231	9:22	22.75	2:19:19	6:07	23	37:57	231	47:13