



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Nidermajer, Sigfrid

Club: Köln

Number: 284

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:24:31

Speed: 9.13 km/h

Running performance: 6:21 min/km

Rank in course/Total: 293 (of 380)

Rank in course/Men: 122 (of 294)

Best time in course: 1:32:06

Rank in category: 4(of 14)

Best time in the category: 1:35:26

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 | 19:35 | 6:01 | 9 | 6:28 | 273 | 7:25 | 3.25 | 19:35 | 6:01 | 9 | 6:28 | 273 | 7:25 |
| Lap 2 | 3.25 | 20:03 | 6:10 | 11 | 6:55 | 263 | 9:16 | 6.50 | 39:38 | 6:05 | 9 | 13:23 | 265 | 14:50 |
| Lap 3 | 3.25 | 19:55 | 6:07 | 9 | 6:12 | 249 | 6:41 | 9.75 | 59:33 | 6:06 | 9 | 19:35 | 261 | 21:23 |
| Lap 4 | 3.25 | 20:15 | 6:13 | 9 | 6:16 | 249 | 6:59 | 13.00 | 1:19:48 | 6:08 | 9 | 25:51 | 251 | 28:09 |
| Lap 5 | 3.25 | 20:48 | 6:24 | 7 | 6:52 | 249 | 7:21 | 16.25 | 1:40:36 | 6:11 | 9 | 32:43 | 257 | 35:10 |
| Lap 6 | 3.25 | 21:54 | 6:44 | 9 | 8:02 | 245 | 8:38 | 19.50 | 2:02:30 | 6:16 | 9 | 40:45 | 257 | 43:35 |
| Last lap Finish | 3.25 | 22:01 | 6:46 | 7 | 8:20 | 237 | 9:56 | 22.75 | 2:24:31 | 6:21 | 7 | 49:05 | 243 | 52:25 |