



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Knopf, Jacques

Club: Amersfoort

Number: 237

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:24:23

Speed: 9.14 km/h

Running performance: 6:21 min/km

Rank in course/Total: 289 (of 380)

Rank in course/Men: 121 (of 294)

Best time in course: 1:32:06

Rank in category: 18(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	19:19	5:56	39	5:53	267	7:09	3.25	19:19	5:56	39	5:53	267	7:09
Lap 2	3.25	20:36	6:20	37	7:08	275	9:49	6.50	39:55	6:08	39	13:01	277	15:07
Lap 3	3.25	20:32	6:19	37	6:01	267	7:18	9.75	1:00:27	6:12	37	19:02	269	22:17
Lap 4	3.25	20:08	6:11	37	5:28	243	6:52	13.00	1:20:35	6:11	37	23:58	267	28:56
Lap 5	3.25	20:32	6:19	35	5:47	241	7:05	16.25	1:41:07	6:13	37	29:36	263	35:41
Lap 6	3.25	22:08	6:48	41	6:53	255	8:52	19.50	2:03:15	6:19	37	36:29	263	44:20
Last lap Finish	3.25	21:08	6:30	35	6:10	227	9:03	22.75	2:24:23	6:20	35	42:39	241	52:17