



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Dittel, Martin

Club: Physiotherapie Dittel

Number: 136

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:24:33

Speed: 9.13 km/h

Running performance: 6:21 min/km

Rank in course/Total: 295 (of 380)

Rank in course/Men: 123 (of 294)

Best time in course: 1:32:06

Rank in category: 5(of 14)

Best time in the category: 1:35:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	19:47	6:05	11	6:40	279	7:37	3.25	19:47	6:05	11	6:40	279	7:37
Lap 2	3.25	20:02	6:09	9	6:54	261	9:15	6.50	39:49	6:07	11	13:34	271	15:01
Lap 3	3.25	19:46	6:04	7	6:03	247	6:32	9.75	59:35	6:06	11	19:37	263	21:25
Lap 4	3.25	19:54	6:07	7	5:55	239	6:38	13.00	1:19:29	6:06	7	25:32	249	27:50
Lap 5	3.25	21:01	6:28	9	7:05	255	7:34	16.25	1:40:30	6:11	7	32:37	255	35:04
Lap 6	3.25	21:31	6:37	7	7:39	243	8:15	19.50	2:02:01	6:15	7	40:16	255	43:06
Last lap Finish	3.25	22:32	6:56	9	8:51	241	10:27	22.75	2:24:33	6:21	9	49:07	245	52:27