



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Lenk, Kay

Club: Laufgruppe Glückskinder Zwickau

Number: 254

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:26:52

Speed: 8.99 km/h

Running performance: 6:28 min/km

Rank in course/Total: 307 (of 380)

Rank in course/Men: 125 (of 294)

Best time in course: 1:32:06

Rank in category: 22(of 48)

Best time in the category: 1:32:15

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	18:47	5:46	45	5:54	251	6:37	3.25	18:47	5:46	45	5:54	251	6:37
Lap 2	3.25	19:21	5:57	41	8:34	249	8:34	6.50	38:08	5:51	41	12:49	247	13:20
Lap 3	3.25	19:55	6:07	39	6:31	249	6:41	9.75	58:03	5:57	41	19:20	247	19:53
Lap 4	3.25	21:20	6:33	45	8:04	265	8:04	13.00	1:19:23	6:06	41	27:24	245	27:44
Lap 5	3.25	21:24	6:35	43	7:54	261	7:57	16.25	1:40:47	6:12	43	35:18	259	35:21
Lap 6	3.25	22:27	6:54	43	9:01	263	9:11	19.50	2:03:14	6:19	43	44:19	259	44:19
Last lap Finish	3.25	23:38	7:16	45	10:18	253	11:33	22.75	2:26:52	6:27	43	54:37	249	54:46