



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Rott, Dirk

Club: Blau-Weiß Marienthal

Number: 238

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:28:26

Speed: 8.89 km/h

Running performance: 6:31 min/km

Rank in course/Total: 313 (of 380)

Rank in course/Men: 128 (of 294)

Best time in course: 1:32:06

Rank in category: 19(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	21:03	6:28	41	7:37	283	8:53	3.25	21:03	6:28	41	7:37	283	8:53	
Lap 2	3.25	23:04	7:05	43	9:36	289	12:17	6.50	44:07	6:47	41	17:13	283	19:19	
Lap 3	3.25	21:21	6:34	39	6:50	277	8:07	9.75	1:05:28	6:42	41	24:03	283	27:18	
Lap 4	3.25	20:48	6:24	39	6:08	257	7:32	13.00	1:26:16	6:38	41	29:39	279	34:37	
Lap 5	3.25	20:41	6:21	39	5:56	247	7:14	16.25	1:46:57	6:34	39	35:26	273	41:31	
Lap 6	3.25	20:56	6:26	35	5:41	237	7:40	19.50	2:07:53	6:33	39	41:07	271	48:58	
Last lap Finish	3.25	20:33	6:19	33	5:35	217	8:28	22.75	2:28:26	6:31	37	46:42	255	56:20	