



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Balling, Stefan

Club: Friedberg

Number: 324

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:32:50

Speed: 8.64 km/h

Running performance: 6:43 min/km

Rank in course/Total: 330 (of 380)

Rank in course/Men: 132 (of 294)

Best time in course: 1:32:06

Rank in category: 20(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			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	22:30	6:55	43	9:04	287	10:20	3.25	22:30	6:55	43	9:04	287	10:20
Lap 2	3.25	22:07	6:48	41	8:39	283	11:20	6.50	44:37	6:51	43	17:43	285	19:49
Lap 3	3.25	22:24	6:53	43	7:53	285	9:10	9.75	1:07:01	6:52	43	25:36	285	28:51
Lap 4	3.25	21:58	6:45	41	7:18	273	8:42	13.00	1:28:59	6:50	43	32:22	281	37:20
Lap 5	3.25	21:27	6:35	41	6:42	265	8:00	16.25	1:50:26	6:47	43	38:55	279	45:00
Lap 6	3.25	22:01	6:46	39	6:46	249	8:45	19.50	2:12:27	6:47	43	45:41	277	53:32
Last lap Finish	3.25	20:23	6:16	31	5:25	211	8:18	22.75	2:32:50	6:43	39	51:06	263	1:00:44