



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Diekmann, Rolf

Club: Stuttgart

Number: 102

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:44:29

Speed: 8.03 km/h

Running performance: 7:14 min/km

Rank in course/Total: 343 (of 380)

Rank in course/Men: 136 (of 294)

Best time in course: 1:32:06

Rank in category: 24(of 54)

Best time in the category: 1:43:43

Intermediate times				Stage score				Total ranking						
Control	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	16:24	5:02	23	2:17	121	4:14	3.25	16:24	5:02	23	2:17	121	4:14
Lap 2	3.25	17:19	5:19	27	3:12	165	6:32	6.50	33:43	5:11	23	5:29	135	8:55
Lap 3	3.25	17:18	5:19	25	2:42	145	4:04	9.75	51:01	5:13	23	8:06	137	12:51
Lap 4	3.25	17:36	5:24	25	2:45	147	4:20	13.00	1:08:37	5:16	23	10:51	145	16:58
Lap 5	3.25	17:41	5:26	23	2:27	139	4:14	16.25	1:26:18	5:18	23	13:11	143	20:52
Lap 6	3.25	18:08	5:34	25	3:08	149	4:52	19.50	1:44:26	5:21	23	16:06	141	25:31
Last lap Finish	3.25	1:00:03	18:28	45	45:25	275	47:58	22.75	2:44:29	7:13	47	1:00:46	271	1:12:23