



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Tirschmann, Jan

Club: Schlimmer geht immer MGN

Number: 244

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:56:22

Speed: 7.48 km/h

Running performance: 7:45 min/km

Rank in course/Total: 349 (of 380)

Rank in course/Men: 138 (of 294)

Best time in course: 1:32:06

Rank in category: 22(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	19:04	5:51	35	5:38	259	6:54	3.25	19:04	5:51	35	5:38	259	6:54
Lap 2	3.25	20:50	6:24	39	7:22	277	10:03	6.50	39:54	6:08	37	13:00	275	15:06
Lap 3	3.25	22:22	6:52	41	7:51	283	9:08	9.75	1:02:16	6:23	39	20:51	279	24:06
Lap 4	3.25	22:12	6:49	43	7:32	277	8:56	13.00	1:24:28	6:29	39	27:51	275	32:49
Lap 5	3.25	22:45	7:00	43	8:00	279	9:18	16.25	1:47:13	6:35	41	35:42	275	41:47
Lap 6	3.25	24:26	7:31	43	9:11	279	11:10	19.50	2:11:39	6:45	41	44:53	275	52:44
Last lap Finish	3.25	44:43	13:45	43	29:45	271	32:38	22.75	2:56:22	7:45	43	1:14:38	275	1:24:16