



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Sørensen, Kim Klitgard

Club: Klub 100 Denmark

Number: 10

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:02:07

Speed: 13.84 km/h

Running performance: 4:19 min/km

Rank in course/Total: 5 (of 250)

Rank in course/Men: 3 (of 212)

Best time in course: 2:57:03

Rank in category: 1(of 14)

Best time in the category: 3:02:07

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	12:55	3:58	1	-	3	0:04	3.25	12:55	3:58	1	-	3	0:04
Lap 2	3.25	12:56	3:58	1	-	3	0:03	6.50	25:51	3:58	1	-	3	0:07
Lap 3	3.25	13:01	4:00	1	-	3	0:11	9.75	38:52	3:59	1	-	3	0:18
Lap 4	3.25	13:13	4:03	1	-	3	0:07	13.00	52:05	4:00	1	-	3	0:25
Lap 5	3.25	13:24	4:07	1	-	5	0:41	16.25	1:05:29	4:01	1	-	3	0:36
Lap 6	3.25	13:28	4:08	1	-	3	0:18	19.50	1:18:57	4:02	1	-	3	0:54
Lap 7	3.25	13:28	4:08	1	-	3	0:05	22.75	1:32:25	4:03	1	-	3	0:59
Lap 8	3.25	14:11	4:21	1	-	9	13:27	26.00	1:46:36	4:05	1	-	3	1:32
Lap 9	3.25	14:48	4:33	3	0:23	11	1:05	29.25	2:01:24	4:09	1	-	3	2:32
Lap 10	3.25	15:04	4:38	3	0:28	11	1:19	32.50	2:16:28	4:11	1	-	3	3:24
Lap 11	3.25	14:53	4:34	1	-	5	1:08	35.75	2:31:21	4:14	1	-	3	3:34
Lap 12	3.25	15:26	4:44	3	0:21	11	1:51	39.00	2:46:47	4:16	1	-	5	4:20
Last lap Finish	3.25	15:20	4:43	3	0:14	11	1:28	42.25	3:02:07	4:18	1	-	5	5:04