



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

## Detailed evaluation

van der Hoeff, Sander

Club: Marathonplus

Number: 366

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:59:45

Speed: 7.34 km/h

Running performance: 7:54 min/km

Rank in course/Total: 351 (of 380)

Rank in course/Men: 139 (of 294)

Best time in course: 1:32:06

Rank in category: 23(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	22:37	6:57	45	9:11	291	10:27	3.25	22:37	6:57	45	9:11	291	10:27
Lap 2	3.25	23:52	7:20	45	10:24	291	13:05	6.50	46:29	7:09	45	19:35	291	21:41
Lap 3	3.25	24:11	7:26	45	9:40	289	10:57	9.75	1:10:40	7:14	45	29:15	289	32:30
Lap 4	3.25	26:14	8:04	45	11:34	285	12:58	13.00	1:36:54	7:27	45	40:17	285	45:15
Lap 5	3.25	26:22	8:06	45	11:37	283	12:55	16.25	2:03:16	7:35	45	51:45	283	57:50
Lap 6	3.25	27:45	8:32	45	12:30	283	14:29	19.50	2:31:01	7:44	45	1:04:15	283	1:12:06
Last lap Finish	3.25	28:44	8:50	41	13:46	265	16:39	22.75	2:59:45	7:54	45	1:18:01	277	1:27:39