



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Rasmussen, Rene Randrup

Club: Klub 100 Denmark

Number: 79

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:16:05

Speed: 12.85 km/h

Running performance: 4:38 min/km

Rank in course/Total: 17 (of 250)

Rank in course/Men: 9 (of 212)

Best time in course: 2:57:03

Rank in category: 2(of 64)

Best time in the category: 3:13:04

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	15:09	4:39	7	1:34	41	2:18	3.25	15:09	4:39	7	1:34	41	2:18
Lap 2	3.25	15:08	4:39	7	1:33	37	2:15	6.50	30:17	4:39	7	3:07	37	4:33
Lap 3	3.25	15:01	4:37	3	0:54	27	2:11	9.75	45:18	4:38	5	4:01	35	6:44
Lap 4	3.25	15:03	4:37	3	1:01	27	1:57	13.00	1:00:21	4:38	5	5:02	35	8:41
Lap 5	3.25	15:02	4:37	3	0:52	25	2:19	16.25	1:15:23	4:38	3	5:54	29	10:30
Lap 6	3.25	15:02	4:37	3	0:53	25	1:52	19.50	1:30:25	4:38	3	6:47	25	12:22
Lap 7	3.25	15:07	4:39	3	0:28	25	1:44	22.75	1:45:32	4:38	3	7:15	27	14:06
Lap 8	3.25	15:06	4:38	3	0:22	23	14:22	26.00	2:00:38	4:38	3	7:37	25	15:34
Lap 9	3.25	15:06	4:38	1	-	17	1:23	29.25	2:15:44	4:38	3	7:33	25	16:52
Lap 10	3.25	15:27	4:45	1	-	17	1:42	32.50	2:31:11	4:39	3	7:21	23	18:07
Lap 11	3.25	15:08	4:39	1	-	11	1:23	35.75	2:46:19	4:39	3	6:06	21	18:32
Lap 12	3.25	15:04	4:38	1	-	5	1:29	39.00	3:01:23	4:39	3	4:43	17	18:56
Last lap Finish	3.25	14:42	4:31	1	-	5	0:50	42.25	3:16:05	4:38	3	3:01	17	19:02