



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Wellensiek, Wolfgang

Club: Lübbecker Berglöwen

Number: 45

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:23:57

Speed: 12.36 km/h

Running performance: 4:50 min/km

Rank in course/Total: 25 (of 250)

Rank in course/Men: 13 (of 212)

Best time in course: 2:57:03

Rank in category: 4(of 38)

Best time in the category: 3:00:08

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	13:40	4:12	1	-	7	0:49	3.25	13:40	4:12	1	-	7	0:49
Lap 2	3.25	13:42	4:12	1	-	7	0:49	6.50	27:22	4:12	1	-	7	1:38
Lap 3	3.25	14:07	4:20	1	-	5	1:17	9.75	41:29	4:15	1	-	7	2:55
Lap 4	3.25	14:04	4:19	3	0:07	11	0:58	13.00	55:33	4:16	1	-	7	3:53
Lap 5	3.25	14:19	4:24	3	1:36	15	1:36	16.25	1:09:52	4:17	3	0:22	9	4:59
Lap 6	3.25	14:35	4:29	3	0:36	15	1:25	19.50	1:24:27	4:19	3	0:58	9	6:24
Lap 7	3.25	14:39	4:30	3	0:45	13	1:16	22.75	1:39:06	4:21	3	1:43	11	7:40
Lap 8	3.25	15:15	4:41	9	1:10	25	14:31	26.00	1:54:21	4:23	3	2:53	15	9:17
Lap 9	3.25	15:55	4:53	9	2:12	25	2:12	29.25	2:10:16	4:27	5	5:05	17	11:24
Lap 10	3.25	17:06	5:15	9	3:21	33	3:21	32.50	2:27:22	4:32	5	8:26	17	14:18
Lap 11	3.25	19:32	6:00	19	5:47	99	5:47	35.75	2:46:54	4:40	7	14:13	23	19:07
Lap 12	3.25	20:15	6:13	19	6:40	105	6:40	39.00	3:07:09	4:47	7	20:53	25	24:42
Last lap Finish	3.25	16:48	5:10	9	2:56	37	2:56	42.25	3:23:57	4:49	7	23:49	25	26:54