



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Holly, Michael

Club: Team Luftwaffe

Number: 144

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 3:28:45

Speed: 12.07 km/h

Running performance: 4:56 min/km

Rank in course/Total: 27 (of 250)

Rank in course/Men: 14 (of 212)

Best time in course: 2:57:03

Rank in category: 1(of 12)

Best time in the category: 3:28:45

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	14:40	4:30	1	-	25	1:49	3.25	14:40	4:30	1	-	25	1:49
Lap 2	3.25	14:08	4:20	1	-	15	1:15	6.50	28:48	4:25	1	-	21	3:04
Lap 3	3.25	14:23	4:25	1	-	13	1:33	9.75	43:11	4:25	1	-	21	4:37
Lap 4	3.25	14:32	4:28	1	-	21	1:26	13.00	57:43	4:26	1	-	21	6:03
Lap 5	3.25	14:34	4:28	1	-	19	1:51	16.25	1:12:17	4:26	1	-	21	7:24
Lap 6	3.25	14:42	4:31	1	-	19	1:32	19.50	1:26:59	4:27	1	-	21	8:56
Lap 7	3.25	14:48	4:33	1	-	19	1:25	22.75	1:41:47	4:28	1	-	21	10:21
Lap 8	3.25	16:20	5:01	1	-	37	15:36	26.00	1:58:07	4:32	1	-	21	13:03
Lap 9	3.25	16:30	5:04	1	-	29	2:47	29.25	2:14:37	4:36	1	-	21	15:45
Lap 10	3.25	17:02	5:14	3	0:15	31	3:17	32.50	2:31:39	4:39	1	-	25	18:35
Lap 11	3.25	18:14	5:36	3	1:10	49	4:29	35.75	2:49:53	4:45	1	-	27	22:06
Lap 12	3.25	18:52	5:48	3	1:52	65	5:17	39.00	3:08:45	4:50	1	-	27	26:18
Last lap Finish	3.25	20:00	6:09	3	3:49	107	6:08	42.25	3:28:45	4:56	1	-	27	31:42