



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Penning, Christoph

Club: Droste Running Team Freiburg

Number: 119

Course: 42.25 km

Marathon

Category:

Männer (20-29 Jahre)

Total time: 3:35:31

Speed: 11.69 km/h

Running performance: 5:06 min/km

Rank in course/Total: 33 (of 250)

Rank in course/Men: 17 (of 212)

Best time in course: 2:57:03

Rank in category: 2(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.	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	14:58	4:36	3	0:18	33	2:07	3.25	14:58	4:36	3	0:18	33	2:07
Lap 2	3.25	15:45	4:50	3	1:37	45	2:52	6.50	30:43	4:43	3	1:55	41	4:59
Lap 3	3.25	16:43	5:08	3	2:20	67	3:53	9.75	47:26	4:51	3	4:15	45	8:52
Lap 4	3.25	17:24	5:21	3	2:52	105	4:18	13.00	1:04:50	4:59	3	7:07	53	13:10
Lap 5	3.25	16:34	5:05	3	2:00	49	3:51	16.25	1:21:24	5:00	3	9:07	53	16:31
Lap 6	3.25	16:42	5:08	3	2:00	49	3:32	19.50	1:38:06	5:01	3	11:07	53	20:03
Lap 7	3.25	16:51	5:11	3	2:03	53	3:28	22.75	1:54:57	5:03	3	13:10	53	23:31
Lap 8	3.25	16:59	5:13	3	0:39	55	16:15	26.00	2:11:56	5:04	3	13:49	51	26:52
Lap 9	3.25	16:33	5:05	3	0:03	31	2:50	29.25	2:28:29	5:04	3	13:52	45	29:37
Lap 10	3.25	16:47	5:09	1	-	27	3:02	32.50	2:45:16	5:05	3	13:37	43	32:12
Lap 11	3.25	17:04	5:15	1	-	29	3:19	35.75	3:02:20	5:06	3	12:27	37	34:33
Lap 12	3.25	17:00	5:13	1	-	31	3:25	39.00	3:19:20	5:06	3	10:35	35	36:53
Last lap Finish	3.25	16:11	4:58	1	-	21	2:19	42.25	3:35:31	5:06	3	6:46	33	38:28