



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Respondek, Christian

Club: TV Ginsheim

Number: 60

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:36:11

Speed: 11.66 km/h

Running performance: 5:07 min/km

Rank in course/Total: 37 (of 250)

Rank in course/Men: 18 (of 212)

Best time in course: 2:57:03

Rank in category: 3(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	14:49	4:33	3	1:14	31	1:58	3.25	14:49	4:33	3	1:14	31	1:58
Lap 2	3.25	15:02	4:37	5	1:27	35	2:09	6.50	29:51	4:35	5	2:41	31	4:07
Lap 3	3.25	15:44	4:50	7	1:37	43	2:54	9.75	45:35	4:40	7	4:18	37	7:01
Lap 4	3.25	15:44	4:50	7	1:42	43	2:38	13.00	1:01:19	4:43	7	6:00	39	9:39
Lap 5	3.25	15:47	4:51	5	1:37	37	3:04	16.25	1:17:06	4:44	7	7:37	39	12:13
Lap 6	3.25	16:26	5:03	5	2:17	41	3:16	19.50	1:33:32	4:47	7	9:54	39	15:29
Lap 7	3.25	16:11	4:58	5	1:32	39	2:48	22.75	1:49:43	4:49	7	11:26	39	18:17
Lap 8	3.25	16:40	5:07	7	1:56	45	15:56	26.00	2:06:23	4:51	5	13:22	39	21:19
Lap 9	3.25	17:04	5:15	7	1:58	45	3:21	29.25	2:23:27	4:54	5	15:16	33	24:35
Lap 10	3.25	17:15	5:18	7	1:48	41	3:30	32.50	2:40:42	4:56	5	16:52	31	27:38
Lap 11	3.25	18:07	5:34	11	2:59	41	4:22	35.75	2:58:49	5:00	5	18:36	33	31:02
Lap 12	3.25	18:38	5:44	21	3:34	59	5:03	39.00	3:17:27	5:03	5	20:47	33	35:00
Last lap Finish	3.25	18:44	5:45	21	4:02	73	4:52	42.25	3:36:11	5:07	5	23:07	35	39:08