



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

## Detailed evaluation

**Hardt, Frank**

Club: TV Urbar

Number: 65

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:47:17

Speed: 11.09 km/h

Running performance: 5:23 min/km

Rank in course/Total: 75 (of 250)

Rank in course/Men: 35 (of 212)

Best time in course: 2:57:03

Rank in category: 10(of 64)

Best time in the category: 3:13:04

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	15:25	4:44	11	1:50	49	2:34	3.25	15:25	4:44	11	1:50	49	2:34
Lap 2	3.25	15:48	4:51	9	2:13	47	2:55	6.50	31:13	4:48	9	4:03	45	5:29
Lap 3	3.25	16:20	5:01	9	2:13	49	3:30	9.75	47:33	4:52	9	6:16	49	8:59
Lap 4	3.25	15:59	4:55	9	1:57	45	2:53	13.00	1:03:32	4:53	9	8:13	47	11:52
Lap 5	3.25	16:46	5:09	9	2:36	57	4:03	16.25	1:20:18	4:56	9	10:49	47	15:25
Lap 6	3.25	17:03	5:14	17	2:54	75	3:53	19.50	1:37:21	4:59	9	13:43	49	19:18
Lap 7	3.25	17:32	5:23	27	2:53	89	4:09	22.75	1:54:53	5:02	9	16:36	51	23:27
Lap 8	3.25	17:52	5:29	31	3:08	93	17:08	26.00	2:12:45	5:06	9	19:44	57	27:41
Lap 9	3.25	18:35	5:43	35	3:29	99	4:52	29.25	2:31:20	5:10	9	23:09	61	32:28
Lap 10	3.25	18:31	5:41	25	3:04	87	4:46	32.50	2:49:51	5:13	9	26:01	59	36:47
Lap 11	3.25	19:04	5:51	29	3:56	85	5:19	35.75	3:08:55	5:17	11	28:42	61	41:08
Lap 12	3.25	19:38	6:02	29	4:34	83	6:03	39.00	3:28:33	5:20	17	31:53	71	46:06
Last lap Finish	3.25	18:44	5:45	21	4:02	73	4:52	42.25	3:47:17	5:22	19	34:13	69	50:14