



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Deines, Konrad

Club: Rodgau

Number: 74

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:48:18

Speed: 11.04 km/h

Running performance: 5:24 min/km

Rank in course/Total: 79 (of 250)

Rank in course/Men: 37 (of 212)

Best time in course: 2:57:03

Rank in category: 11(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	18:12	5:35	47	4:37	155	5:21	3.25	18:12	5:35	47	4:37	155	5:21
Lap 2	3.25	17:21	5:20	33	3:46	111	4:28	6.50	35:33	5:28	43	8:23	133	9:49
Lap 3	3.25	16:53	5:11	17	2:46	83	4:03	9.75	52:26	5:22	35	11:09	113	13:52
Lap 4	3.25	17:06	5:15	27	3:04	91	4:00	13.00	1:09:32	5:20	29	14:13	105	17:52
Lap 5	3.25	17:09	5:16	21	2:59	85	4:26	16.25	1:26:41	5:20	29	17:12	103	21:48
Lap 6	3.25	17:16	5:18	25	3:07	85	4:06	19.50	1:43:57	5:19	29	20:19	99	25:54
Lap 7	3.25	17:01	5:14	11	2:22	57	3:38	22.75	2:00:58	5:19	25	22:41	91	29:32
Lap 8	3.25	17:15	5:18	13	2:31	61	16:31	26.00	2:18:13	5:18	23	25:12	83	33:09
Lap 9	3.25	17:30	5:23	13	2:24	53	3:47	29.25	2:35:43	5:19	23	27:32	81	36:51
Lap 10	3.25	18:40	5:44	29	3:13	91	4:55	32.50	2:54:23	5:21	21	30:33	79	41:19
Lap 11	3.25	18:08	5:34	15	3:00	45	4:23	35.75	3:12:31	5:23	23	32:18	81	44:44
Lap 12	3.25	17:51	5:29	9	2:47	39	4:16	39.00	3:30:22	5:23	21	33:42	75	47:55
Last lap Finish	3.25	17:56	5:31	17	3:14	51	4:04	42.25	3:48:18	5:24	21	35:14	73	51:15