



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Ziefle, Herbert

Club: LSG Karlsruhe

Number: 90

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:48:34

Speed: 11.03 km/h

Running performance: 5:25 min/km

Rank in course/Total: 83 (of 250)

Rank in course/Men: 39 (of 212)

Best time in course: 2:57:03

Rank in category: 12(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.	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	16:53	5:11	19	3:18	77	4:02	3.25	16:53	5:11	19	3:18	77	4:02
Lap 2	3.25	17:22	5:20	35	3:47	113	4:29	6.50	34:15	5:16	25	7:05	101	8:31
Lap 3	3.25	17:02	5:14	25	2:55	97	4:12	9.75	51:17	5:15	23	10:00	95	12:43
Lap 4	3.25	17:02	5:14	23	3:00	85	3:56	13.00	1:08:19	5:15	23	13:00	89	16:39
Lap 5	3.25	17:14	5:18	25	3:04	89	4:31	16.25	1:25:33	5:15	23	16:04	91	20:40
Lap 6	3.25	17:05	5:15	19	2:56	77	3:55	19.50	1:42:38	5:15	23	19:00	87	24:35
Lap 7	3.25	17:43	5:27	29	3:04	99	4:20	22.75	2:00:21	5:17	21	22:04	85	28:55
Lap 8	3.25	17:20	5:19	15	2:36	65	16:36	26.00	2:17:41	5:17	21	24:40	79	32:37
Lap 9	3.25	17:50	5:29	23	2:44	73	4:07	29.25	2:35:31	5:19	21	27:20	79	36:39
Lap 10	3.25	19:30	6:00	35	4:03	111	5:45	32.50	2:55:01	5:23	25	31:11	83	41:57
Lap 11	3.25	18:19	5:38	19	3:11	55	4:34	35.75	3:13:20	5:24	25	33:07	83	45:33
Lap 12	3.25	18:30	5:41	17	3:26	53	4:55	39.00	3:31:50	5:25	23	35:10	79	49:23
Last lap Finish	3.25	16:44	5:08	11	2:02	35	2:52	42.25	3:48:34	5:24	23	35:30	77	51:31