



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Schenke, Holger

Club: LC Blue Liner

Number: 41

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:47:34

Speed: 11.07 km/h

Running performance: 5:23 min/km

Rank in course/Total: 77 (of 250)

Rank in course/Men: 36 (of 212)

Best time in course: 2:57:03

Rank in category: 10(of 38)

Best time in the category: 3:00:08

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Stage score | | Pos | Behind | Total | | Pos | Behind | Total ranking | |
|-----------------|-------|-------|------|--------|-------------|------|-------|--------|---------|------|-----|--------|---------------|-------|
| | km | Time | | | min/km | Cat. | | | Men | Men | | | km | Time |
| Lap 1 | 3.25 | 15:46 | 4:51 | 15 | 2:06 | 53 | 2:55 | 3.25 | 15:46 | 4:51 | 15 | 2:06 | 53 | 2:55 |
| Lap 2 | 3.25 | 14:39 | 4:30 | 9 | 0:57 | 29 | 1:46 | 6.50 | 30:25 | 4:40 | 13 | 3:03 | 39 | 4:41 |
| Lap 3 | 3.25 | 14:38 | 4:30 | 7 | 0:31 | 23 | 1:48 | 9.75 | 45:03 | 4:37 | 11 | 3:34 | 33 | 6:29 |
| Lap 4 | 3.25 | 14:47 | 4:32 | 7 | 0:50 | 23 | 1:41 | 13.00 | 59:50 | 4:36 | 9 | 4:17 | 27 | 8:10 |
| Lap 5 | 3.25 | 15:33 | 4:47 | 15 | 2:50 | 35 | 2:50 | 16.25 | 1:15:23 | 4:38 | 11 | 5:53 | 29 | 10:30 |
| Lap 6 | 3.25 | 15:34 | 4:47 | 11 | 1:35 | 31 | 2:24 | 19.50 | 1:30:57 | 4:39 | 11 | 7:28 | 31 | 12:54 |
| Lap 7 | 3.25 | 16:10 | 4:58 | 15 | 2:16 | 37 | 2:47 | 22.75 | 1:47:07 | 4:42 | 11 | 9:44 | 31 | 15:41 |
| Lap 8 | 3.25 | 16:32 | 5:05 | 15 | 2:27 | 41 | 15:48 | 26.00 | 2:03:39 | 4:45 | 11 | 12:11 | 31 | 18:35 |
| Lap 9 | 3.25 | 19:52 | 6:06 | 29 | 6:09 | 139 | 6:09 | 29.25 | 2:23:31 | 4:54 | 13 | 18:20 | 35 | 24:39 |
| Lap 10 | 3.25 | 20:58 | 6:27 | 29 | 7:13 | 143 | 7:13 | 32.50 | 2:44:29 | 5:03 | 17 | 25:33 | 41 | 31:25 |
| Lap 11 | 3.25 | 20:39 | 6:21 | 27 | 6:54 | 127 | 6:54 | 35.75 | 3:05:08 | 5:10 | 19 | 32:27 | 45 | 37:21 |
| Lap 12 | 3.25 | 21:40 | 6:40 | 27 | 8:05 | 137 | 8:05 | 39.00 | 3:26:48 | 5:18 | 19 | 40:32 | 57 | 44:21 |
| Last lap Finish | 3.25 | 20:46 | 6:23 | 25 | 6:54 | 125 | 6:54 | 42.25 | 3:47:34 | 5:23 | 19 | 47:26 | 71 | 50:31 |