



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Loeber, Ralf

Club: Düsseldorf

Number: 16

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:52:32

Speed: 10.84 km/h

Running performance: 5:30 min/km

Rank in course/Total: 87 (of 250)

Rank in course/Men: 41 (of 212)

Best time in course: 2:57:03

Rank in category: 5(of 20)

Best time in the category: 2:57:03

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	15:30	4:46	7	2:39	51	2:39	3.25	15:30	4:46	7	2:39	51	2:39
Lap 2	3.25	16:02	4:56	7	3:09	51	3:09	6.50	31:32	4:51	7	5:48	49	5:48
Lap 3	3.25	16:04	4:56	7	3:14	45	3:14	9.75	47:36	4:52	7	9:02	53	9:02
Lap 4	3.25	16:13	4:59	7	3:07	47	3:07	13.00	1:03:49	4:54	7	12:09	49	12:09
Lap 5	3.25	16:34	5:05	9	3:21	49	3:51	16.25	1:20:23	4:56	7	15:30	49	15:30
Lap 6	3.25	16:42	5:08	9	3:32	49	3:32	19.50	1:37:05	4:58	7	19:02	47	19:02
Lap 7	3.25	17:04	5:15	9	3:41	61	3:41	22.75	1:54:09	5:01	7	22:43	47	22:43
Lap 8	3.25	17:19	5:19	7	3:41	63	16:35	26.00	2:11:28	5:03	7	26:24	47	26:24
Lap 9	3.25	17:31	5:23	9	3:43	55	3:48	29.25	2:28:59	5:05	7	30:07	49	30:07
Lap 10	3.25	19:21	5:57	13	5:09	105	5:36	32.50	2:48:20	5:10	7	35:16	53	35:16
Lap 11	3.25	21:55	6:44	13	7:12	147	8:10	35.75	3:10:15	5:19	9	42:28	73	42:28
Lap 12	3.25	21:19	6:33	13	6:39	129	7:44	39.00	3:31:34	5:25	9	49:07	77	49:07
Last lap Finish	3.25	20:58	6:27	11	6:22	129	7:06	42.25	3:52:32	5:30	9	55:29	81	55:29