



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Reißig, Sven

Club: DLRG Leuna-Merseburg

Number: 170

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:54:04

Speed: 10.77 km/h

Running performance: 5:32 min/km

Rank in course/Total: 93 (of 250)

Rank in course/Men: 44 (of 212)

Best time in course: 2:57:03

Rank in category: 15(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	17:47	5:28	39	4:12	125	4:56	3.25	17:47	5:28	39	4:12	125	4:56
Lap 2	3.25	17:20	5:19	31	3:45	109	4:27	6.50	35:07	5:24	35	7:57	115	9:23
Lap 3	3.25	17:25	5:21	31	3:18	111	4:35	9.75	52:32	5:23	37	11:15	117	13:58
Lap 4	3.25	17:59	5:31	39	3:57	123	4:53	13.00	1:10:31	5:25	35	15:12	113	18:51
Lap 5	3.25	17:39	5:25	41	3:29	115	4:56	16.25	1:28:10	5:25	33	18:41	111	23:17
Lap 6	3.25	17:44	5:27	35	3:35	107	4:34	19.50	1:45:54	5:25	31	22:16	109	27:51
Lap 7	3.25	17:31	5:23	25	2:52	87	4:08	22.75	2:03:25	5:25	31	25:08	107	31:59
Lap 8	3.25	17:59	5:31	33	3:15	95	17:15	26.00	2:21:24	5:26	33	28:23	105	36:20
Lap 9	3.25	18:02	5:32	25	2:56	79	4:19	29.25	2:39:26	5:27	31	31:15	99	40:34
Lap 10	3.25	17:43	5:27	13	2:16	53	3:58	32.50	2:57:09	5:27	29	33:19	87	44:05
Lap 11	3.25	18:16	5:37	17	3:08	53	4:31	35.75	3:15:25	5:27	27	35:12	85	47:38
Lap 12	3.25	19:13	5:54	25	4:09	75	5:38	39.00	3:34:38	5:30	27	37:58	85	52:11
Last lap Finish	3.25	19:26	5:58	29	4:44	87	5:34	42.25	3:54:04	5:32	29	41:00	87	57:01