



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hofmann, Friedhelm

Club: DLR Simmern

Number: 105

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:58:49

Speed: 10.55 km/h

Running performance: 5:39 min/km

Rank in course/Total: 107 (of 250)

Rank in course/Men: 50 (of 212)

Best time in course: 2:57:03

Rank in category: 9(of 36)

Best time in the category: 3:06:27

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	18:01	5:32	21	3:55	131	5:10	3.25	18:01	5:32	21	3:55	131	5:10
Lap 2	3.25	18:31	5:41	21	4:23	163	5:38	6.50	36:32	5:37	21	8:18	151	10:48
Lap 3	3.25	18:38	5:44	23	4:14	159	5:48	9.75	55:10	5:39	21	12:32	157	16:36
Lap 4	3.25	18:38	5:44	21	4:31	153	5:32	13.00	1:13:48	5:40	23	17:03	161	22:08
Lap 5	3.25	18:28	5:40	21	4:23	149	5:45	16.25	1:32:16	5:40	21	21:26	157	27:23
Lap 6	3.25	18:26	5:40	21	4:24	147	5:16	19.50	1:50:42	5:40	21	25:50	153	32:39
Lap 7	3.25	18:38	5:44	21	4:45	133	5:15	22.75	2:09:20	5:41	21	30:35	147	37:54
Lap 8	3.25	18:20	5:38	19	17:36	99	17:36	26.00	2:27:40	5:40	23	35:04	143	42:36
Lap 9	3.25	18:21	5:38	17	4:15	87	4:38	29.25	2:46:01	5:40	21	39:19	137	47:09
Lap 10	3.25	18:46	5:46	17	4:29	93	5:01	32.50	3:04:47	5:41	21	43:48	133	51:43
Lap 11	3.25	18:09	5:35	9	3:09	47	4:24	35.75	3:22:56	5:40	19	46:57	121	55:09
Lap 12	3.25	18:16	5:37	9	3:01	45	4:41	39.00	3:41:12	5:40	19	49:58	115	58:45
Last lap Finish	3.25	17:37	5:25	7	2:24	45	3:45	42.25	3:58:49	5:39	17	52:22	99	1:01:46