



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Helfmann, Michael

Club: TV Stierstadt

Number: 70

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:02:54

Speed: 10.37 km/h

Running performance: 5:45 min/km

Rank in course/Total: 123 (of 250)

Rank in course/Men: 58 (of 212)

Best time in course: 2:57:03

Rank in category: 19(of 64)

Best time in the category: 3:13:04

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 | 17:25 | 5:21 | 29 | 3:50 | 103 | 4:34 | 3.25 | 17:25 | 5:21 | 29 | 3:50 | 103 | 4:34 |
| Lap 2 | 3.25 | 17:10 | 5:16 | 29 | 3:35 | 103 | 4:17 | 6.50 | 34:35 | 5:19 | 31 | 7:25 | 109 | 8:51 |
| Lap 3 | 3.25 | 17:28 | 5:22 | 33 | 3:21 | 113 | 4:38 | 9.75 | 52:03 | 5:20 | 31 | 10:46 | 107 | 13:29 |
| Lap 4 | 3.25 | 17:59 | 5:31 | 39 | 3:57 | 123 | 4:53 | 13.00 | 1:10:02 | 5:23 | 33 | 14:43 | 111 | 18:22 |
| Lap 5 | 3.25 | 17:55 | 5:30 | 43 | 3:45 | 121 | 5:12 | 16.25 | 1:27:57 | 5:24 | 31 | 18:28 | 109 | 23:04 |
| Lap 6 | 3.25 | 18:00 | 5:32 | 41 | 3:51 | 119 | 4:50 | 19.50 | 1:45:57 | 5:26 | 33 | 22:19 | 111 | 27:54 |
| Lap 7 | 3.25 | 18:31 | 5:41 | 45 | 3:52 | 131 | 5:08 | 22.75 | 2:04:28 | 5:28 | 33 | 26:11 | 111 | 33:02 |
| Lap 8 | 3.25 | 18:14 | 5:36 | 35 | 3:30 | 97 | 17:30 | 26.00 | 2:22:42 | 5:29 | 37 | 29:41 | 117 | 37:38 |
| Lap 9 | 3.25 | 19:05 | 5:52 | 37 | 3:59 | 115 | 5:22 | 29.25 | 2:41:47 | 5:31 | 39 | 33:36 | 119 | 42:55 |
| Lap 10 | 3.25 | 19:44 | 6:04 | 39 | 4:17 | 117 | 5:59 | 32.50 | 3:01:31 | 5:35 | 37 | 37:41 | 111 | 48:27 |
| Lap 11 | 3.25 | 20:35 | 6:19 | 39 | 5:27 | 125 | 6:50 | 35.75 | 3:22:06 | 5:39 | 37 | 41:53 | 115 | 54:19 |
| Lap 12 | 3.25 | 20:16 | 6:14 | 35 | 5:12 | 107 | 6:41 | 39.00 | 3:42:22 | 5:42 | 37 | 45:42 | 117 | 59:55 |
| Last lap Finish | 3.25 | 20:32 | 6:19 | 39 | 5:50 | 115 | 6:40 | 42.25 | 4:02:54 | 5:44 | 37 | 49:50 | 115 | 1:05:51 |