



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