



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Steinicke, Thomas

Club: SGW 05 Berlin

Number: 128

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:04:08

Speed: 10.32 km/h

Running performance: 5:47 min/km

Rank in course/Total: 129 (of 250)

Rank in course/Men: 60 (of 212)

Best time in course: 2:57:03

Rank in category: 2(of 16)

Best time in the category: 4:03:20

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	17:26	5:21	5	1:09	105	4:35	3.25	17:26	5:21	5	1:09	105	4:35
Lap 2	3.25	18:00	5:32	7	1:06	141	5:07	6.50	35:26	5:27	5	1:30	129	9:42
Lap 3	3.25	18:03	5:33	5	0:45	133	5:13	9.75	53:29	5:29	5	2:15	125	14:55
Lap 4	3.25	18:08	5:34	5	0:29	137	5:02	13.00	1:11:37	5:30	5	2:44	129	19:57
Lap 5	3.25	18:11	5:35	3	0:28	135	5:28	16.25	1:29:48	5:31	5	2:42	125	24:55
Lap 6	3.25	18:13	5:36	3	0:13	139	5:03	19.50	1:48:01	5:32	5	2:34	129	29:58
Lap 7	3.25	18:15	5:36	1	-	125	4:52	22.75	2:06:16	5:33	3	2:10	129	34:50
Lap 8	3.25	18:31	5:41	1	-	107	17:47	26.00	2:24:47	5:34	3	1:50	129	39:43
Lap 9	3.25	18:45	5:46	1	-	103	5:02	29.25	2:43:32	5:35	3	1:00	127	44:40
Lap 10	3.25	19:13	5:54	1	-	101	5:28	32.50	3:02:45	5:37	3	0:28	125	49:41
Lap 11	3.25	20:22	6:15	9	1:03	119	6:37	35.75	3:23:07	5:40	3	0:42	125	55:20
Lap 12	3.25	20:55	6:26	7	1:18	117	7:20	39.00	3:44:02	5:44	3	1:20	123	1:01:35
Last lap Finish	3.25	20:06	6:11	5	0:47	109	6:14	42.25	4:04:08	5:46	3	0:48	119	1:07:05