



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Möller-Lange, Jens

Club: FC ST. PAULI MARATHON

Number: 118

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:06:09

Speed: 10.24 km/h

Running performance: 5:50 min/km

Rank in course/Total: 133 (of 250)

Rank in course/Men: 62 (of 212)

Best time in course: 2:57:03

Rank in category: 3(of 16)

Best time in the category: 4:03:20

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	19:08	5:53	13	2:51	187	6:17	3.25	19:08	5:53	13	2:51	187	6:17
Lap 2	3.25	18:21	5:38	9	1:27	147	5:28	6.50	37:29	5:46	9	3:33	171	11:45
Lap 3	3.25	18:08	5:34	7	0:50	137	5:18	9.75	55:37	5:42	9	4:23	167	17:03
Lap 4	3.25	18:12	5:35	7	0:33	141	5:06	13.00	1:13:49	5:40	9	4:56	163	22:09
Lap 5	3.25	18:37	5:43	7	0:54	157	5:54	16.25	1:32:26	5:41	9	5:20	161	27:33
Lap 6	3.25	18:30	5:41	9	0:30	149	5:20	19.50	1:50:56	5:41	9	5:29	155	32:53
Lap 7	3.25	20:03	6:10	13	1:48	167	6:40	22.75	2:10:59	5:45	9	6:53	159	39:33
Lap 8	3.25	18:32	5:42	3	0:01	109	17:48	26.00	2:29:31	5:45	9	6:34	151	44:27
Lap 9	3.25	19:03	5:51	3	0:18	113	5:20	29.25	2:48:34	5:45	9	6:02	149	49:42
Lap 10	3.25	19:14	5:55	3	0:01	103	5:29	32.50	3:07:48	5:46	5	5:31	141	54:44
Lap 11	3.25	19:19	5:56	1	-	93	5:34	35.75	3:27:07	5:47	5	4:42	133	59:20
Lap 12	3.25	19:43	6:03	3	0:06	87	6:08	39.00	3:46:50	5:48	5	4:08	127	1:04:23
Last lap Finish	3.25	19:19	5:56	1	-	85	5:27	42.25	4:06:09	5:49	5	2:49	123	1:09:06