



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Gebes, Norbert

Club: Co Willi Co

Number: 117

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:07:38

Speed: 10.18 km/h

Running performance: 5:52 min/km

Rank in course/Total: 139 (of 250)

Rank in course/Men: 65 (of 212)

Best time in course: 2:57:03

Rank in category: 4(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	16:17	5:00	1	-	63	3:26	3.25	16:17	5:00	1	-	63	3:26
Lap 2	3.25	17:52	5:29	3	0:58	131	4:59	6.50	34:09	5:15	3	0:13	95	8:25
Lap 3	3.25	18:20	5:38	9	1:02	147	5:30	9.75	52:29	5:22	3	1:15	115	13:55
Lap 4	3.25	19:01	5:51	11	1:22	165	5:55	13.00	1:11:30	5:30	3	2:37	125	19:50
Lap 5	3.25	19:07	5:52	11	1:24	173	6:24	16.25	1:30:37	5:34	7	3:31	141	25:44
Lap 6	3.25	19:29	5:59	11	1:29	171	6:19	19.50	1:50:06	5:38	7	4:39	151	32:03
Lap 7	3.25	19:20	5:56	7	1:05	155	5:57	22.75	2:09:26	5:41	7	5:20	149	38:00
Lap 8	3.25	19:15	5:55	11	0:44	139	18:31	26.00	2:28:41	5:43	7	5:44	147	43:37
Lap 9	3.25	19:28	5:59	7	0:43	133	5:45	29.25	2:48:09	5:44	7	5:37	147	49:17
Lap 10	3.25	20:06	6:11	9	0:53	129	6:21	32.50	3:08:15	5:47	9	5:58	145	55:11
Lap 11	3.25	20:08	6:11	5	0:49	115	6:23	35.75	3:28:23	5:49	7	5:58	141	1:00:36
Lap 12	3.25	19:37	6:02	1	-	81	6:02	39.00	3:48:00	5:50	7	5:18	129	1:05:33
Last lap Finish	3.25	19:38	6:02	3	0:19	97	5:46	42.25	4:07:38	5:51	7	4:18	129	1:10:35