



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

kranz, manfred

Club: münchen

Number: 62

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:12:10

Speed: 9.99 km/h

Running performance: 5:58 min/km

Rank in course/Total: 153 (of 250)

Rank in course/Men: 71 (of 212)

Best time in course: 2:57:03

Rank in category: 23(of 64)

Best time in the category: 3:13:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	19:16	5:55	61	5:41	191	6:25	3.25	19:16	5:55	61	5:41	191	6:25
Lap 2	3.25	19:18	5:56	61	5:43	187	6:25	6.50	38:34	5:56	61	11:24	187	12:50
Lap 3	3.25	18:38	5:44	53	4:31	159	5:48	9.75	57:12	5:52	61	15:55	187	18:38
Lap 4	3.25	19:03	5:51	57	5:01	169	5:57	13.00	1:16:15	5:51	61	20:56	181	24:35
Lap 5	3.25	18:50	5:47	57	4:40	167	6:07	16.25	1:35:05	5:51	61	25:36	181	30:12
Lap 6	3.25	19:09	5:53	55	5:00	165	5:59	19.50	1:54:14	5:51	61	30:36	181	36:11
Lap 7	3.25	19:17	5:56	51	4:38	151	5:54	22.75	2:13:31	5:52	59	35:14	177	42:05
Lap 8	3.25	19:37	6:02	47	4:53	149	18:53	26.00	2:33:08	5:53	59	40:07	177	48:04
Lap 9	3.25	19:26	5:58	43	4:20	131	5:43	29.25	2:52:34	5:53	53	44:23	163	53:42
Lap 10	3.25	19:41	6:03	37	4:14	113	5:56	32.50	3:12:15	5:54	53	48:25	159	59:11
Lap 11	3.25	21:00	6:27	43	5:52	137	7:15	35.75	3:33:15	5:57	47	53:02	153	1:05:28
Lap 12	3.25	20:05	6:10	33	5:01	103	6:30	39.00	3:53:20	5:58	49	56:40	149	1:10:53
Last lap Finish	3.25	18:50	5:47	25	4:08	77	4:58	42.25	4:12:10	5:58	45	59:06	141	1:15:07