



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Goldkuhle, Werner

Club: Craemer Fun Runner

Number: 129

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:16:34

Speed: 9.82 km/h

Running performance: 6:04 min/km

Rank in course/Total: 163 (of 250)

Rank in course/Men: 75 (of 212)

Best time in course: 2:57:03

Rank in category: 6(of 16)

Best time in the category: 4:03:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:12	5:35	7	1:55	155	5:21	3.25	18:12	5:35	7	1:55	155	5:21
Lap 2	3.25	17:54	5:30	5	1:00	135	5:01	6.50	36:06	5:33	7	2:10	141	10:22
Lap 3	3.25	17:55	5:30	3	0:37	125	5:05	9.75	54:01	5:32	7	2:47	141	15:27
Lap 4	3.25	17:44	5:27	3	0:05	119	4:38	13.00	1:11:45	5:31	7	2:52	131	20:05
Lap 5	3.25	17:43	5:27	1	-	119	5:00	16.25	1:29:28	5:30	3	2:22	123	24:35
Lap 6	3.25	18:00	5:32	1	-	119	4:50	19.50	1:47:28	5:30	3	2:01	125	29:25
Lap 7	3.25	19:44	6:04	9	1:29	159	6:21	22.75	2:07:12	5:35	5	3:06	131	35:46
Lap 8	3.25	19:11	5:54	9	0:40	137	18:27	26.00	2:26:23	5:37	5	3:26	141	41:19
Lap 9	3.25	20:30	6:18	11	1:45	155	6:47	29.25	2:46:53	5:42	5	4:21	143	48:01
Lap 10	3.25	21:13	6:31	13	2:00	151	7:28	32.50	3:08:06	5:47	7	5:49	143	55:02
Lap 11	3.25	22:56	7:03	13	3:37	171	9:11	35.75	3:31:02	5:54	9	8:37	147	1:03:15
Lap 12	3.25	24:04	7:24	13	4:27	165	10:29	39.00	3:55:06	6:01	11	12:24	155	1:12:39
Last lap Finish	3.25	21:28	6:36	9	2:09	141	7:36	42.25	4:16:34	6:04	11	13:14	149	1:19:31