



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hennig, Sven Heiko

Club: SV Kirchzarten

Number: 77

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:19:26

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 167 (of 250)

Rank in course/Men: 77 (of 212)

Best time in course: 2:57:03

Rank in category: 25(of 64)

Best time in the category: 3:13:04

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	18:03	5:33	43	4:28	139	5:12	3.25	18:03	5:33	43	4:28	139	5:12
Lap 2	3.25	17:22	5:20	35	3:47	113	4:29	6.50	35:25	5:26	41	8:15	125	9:41
Lap 3	3.25	18:14	5:36	51	4:07	145	5:24	9.75	53:39	5:30	43	12:22	131	15:05
Lap 4	3.25	17:53	5:30	37	3:51	121	4:47	13.00	1:11:32	5:30	43	16:13	127	19:52
Lap 5	3.25	17:33	5:24	35	3:23	107	4:50	16.25	1:29:05	5:28	39	19:36	119	24:12
Lap 6	3.25	17:50	5:29	37	3:41	111	4:40	19.50	1:46:55	5:28	39	23:17	119	28:52
Lap 7	3.25	17:58	5:31	33	3:19	107	4:35	22.75	2:04:53	5:29	39	26:36	119	33:27
Lap 8	3.25	18:36	5:43	39	3:52	119	17:52	26.00	2:23:29	5:31	39	30:28	123	38:25
Lap 9	3.25	19:15	5:55	41	4:09	123	5:32	29.25	2:42:44	5:33	41	34:33	123	43:52
Lap 10	3.25	21:27	6:35	47	6:00	159	7:42	32.50	3:04:11	5:40	43	40:21	129	51:07
Lap 11	3.25	22:04	6:47	49	6:56	155	8:19	35.75	3:26:15	5:46	41	46:02	129	58:28
Lap 12	3.25	24:14	7:27	51	9:10	171	10:39	39.00	3:50:29	5:54	41	53:49	137	1:08:02
Last lap Finish	3.25	28:57	8:54	63	14:15	201	15:05	42.25	4:19:26	6:08	49	1:06:22	153	1:22:23