



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Lux, Arno

Club: Eupen

Number: 76

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:11:52

Speed: 10.01 km/h

Running performance: 5:58 min/km

Rank in course/Total: 151 (of 250)

Rank in course/Men: 70 (of 212)

Best time in course: 2:57:03

Rank in category: 22(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:50	5:47	57	5:15	175	5:59	3.25	18:50	5:47	57	5:15	175	5:59
Lap 2	3.25	18:41	5:44	57	5:06	173	5:48	6.50	37:31	5:46	57	10:21	173	11:47
Lap 3	3.25	18:44	5:45	59	4:37	171	5:54	9.75	56:15	5:46	59	14:58	171	17:41
Lap 4	3.25	18:35	5:43	51	4:33	147	5:29	13.00	1:14:50	5:45	55	19:31	167	23:10
Lap 5	3.25	18:11	5:35	49	4:01	135	5:28	16.25	1:33:01	5:43	57	23:32	167	28:08
Lap 6	3.25	18:22	5:39	49	4:13	143	5:12	19.50	1:51:23	5:42	57	27:45	161	33:20
Lap 7	3.25	18:48	5:47	49	4:09	141	5:25	22.75	2:10:11	5:43	55	31:54	153	38:45
Lap 8	3.25	21:22	6:34	61	6:38	187	20:38	26.00	2:31:33	5:49	57	38:32	169	46:29
Lap 9	3.25	19:32	6:00	45	4:26	135	5:49	29.25	2:51:05	5:50	51	42:54	155	52:13
Lap 10	3.25	20:54	6:25	45	5:27	141	7:09	32.50	3:11:59	5:54	51	48:09	157	58:55
Lap 11	3.25	22:03	6:47	45	6:55	151	8:18	35.75	3:34:02	5:59	51	53:49	157	1:06:15
Lap 12	3.25	19:00	5:50	23	3:56	67	5:25	39.00	3:53:02	5:58	47	56:22	147	1:10:35
Last lap Finish	3.25	18:50	5:47	25	4:08	77	4:58	42.25	4:11:52	5:57	43	58:48	139	1:14:49