



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Neustadt, mike

Club: grün - weiß ottendorf

Number: 55

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:23:25

Speed: 9.57 km/h

Running performance: 6:14 min/km

Rank in course/Total: 175 (of 250)

Rank in course/Men: 81 (of 212)

Best time in course: 2:57:03

Rank in category: 27(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	17:23	5:20	27	3:48	99	4:32	3.25	17:23	5:20	27	3:48	99	4:32
Lap 2	3.25	17:22	5:20	35	3:47	113	4:29	6.50	34:45	5:20	33	7:35	111	9:01
Lap 3	3.25	17:16	5:18	29	3:09	105	4:26	9.75	52:01	5:20	29	10:44	105	13:27
Lap 4	3.25	17:59	5:31	39	3:57	123	4:53	13.00	1:10:00	5:23	31	14:41	107	18:20
Lap 5	3.25	18:10	5:35	47	4:00	131	5:27	16.25	1:28:10	5:25	33	18:41	111	23:17
Lap 6	3.25	18:31	5:41	51	4:22	151	5:21	19.50	1:46:41	5:28	37	23:03	117	28:38
Lap 7	3.25	18:46	5:46	47	4:07	139	5:23	22.75	2:05:27	5:30	43	27:10	127	34:01
Lap 8	3.25	19:40	6:03	49	4:56	151	18:56	26.00	2:25:07	5:34	45	32:06	133	40:03
Lap 9	3.25	21:27	6:35	57	6:21	173	7:44	29.25	2:46:34	5:41	47	38:23	141	47:42
Lap 10	3.25	23:26	7:12	57	7:59	185	9:41	32.50	3:10:00	5:50	47	46:10	151	56:56
Lap 11	3.25	23:56	7:21	55	8:48	181	10:11	35.75	3:33:56	5:59	49	53:43	155	1:06:09
Lap 12	3.25	24:47	7:37	55	9:43	179	11:12	39.00	3:58:43	6:07	51	1:02:03	157	1:16:16
Last lap Finish	3.25	24:42	7:35	53	10:00	173	10:50	42.25	4:23:25	6:14	53	1:10:21	161	1:26:22