



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Reinhard-Miltz, Gerhard

Club: 100 Marathon Club

Number: 125

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:25:18

Speed: 9.50 km/h

Running performance: 6:17 min/km

Rank in course/Total: 183 (of 250)

Rank in course/Men: 85 (of 212)

Best time in course: 2:57:03

Rank in category: 7(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		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Lap 1	3.25	18:52	5:48	11	2:35	179	6:01	3.25	18:52	5:48	11	2:35	179	6:01
Lap 2	3.25	19:12	5:54	13	2:18	183	6:19	6.50	38:04	5:51	13	4:08	181	12:20
Lap 3	3.25	18:58	5:50	11	1:40	177	6:08	9.75	57:02	5:50	13	5:48	181	18:28
Lap 4	3.25	18:35	5:43	9	0:56	147	5:29	13.00	1:15:37	5:48	11	6:44	179	23:57
Lap 5	3.25	18:47	5:46	9	1:04	165	6:04	16.25	1:34:24	5:48	11	7:18	179	29:31
Lap 6	3.25	18:25	5:40	7	0:25	145	5:15	19.50	1:52:49	5:47	11	7:22	171	34:46
Lap 7	3.25	19:45	6:04	11	1:30	161	6:22	22.75	2:12:34	5:49	11	8:28	173	41:08
Lap 8	3.25	20:08	6:11	13	1:37	161	19:24	26.00	2:32:42	5:52	11	9:45	173	47:38
Lap 9	3.25	21:52	6:43	15	3:07	179	8:09	29.25	2:54:34	5:58	13	12:02	177	55:42
Lap 10	3.25	20:59	6:27	11	1:46	145	7:14	32.50	3:15:33	6:01	13	13:16	173	1:02:29
Lap 11	3.25	22:20	6:52	11	3:01	163	8:35	35.75	3:37:53	6:05	13	15:28	173	1:10:06
Lap 12	3.25	24:28	7:31	15	4:51	175	10:53	39.00	4:02:21	6:12	13	19:39	171	1:19:54
Last lap Finish	3.25	22:57	7:03	13	3:38	159	9:05	42.25	4:25:18	6:16	13	21:58	169	1:28:15