



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Grab, Heribert

Club: LT Hemsbach

Number: 134

Course: 42.25 km

Marathon

Category:

Senioren M65 (65-69 Jahre)

Total time: 4:25:20

Speed: 9.50 km/h

Running performance: 6:17 min/km

Rank in course/Total: 187 (of 250)

Rank in course/Men: 86 (of 212)

Best time in course: 2:57:03

Rank in category: 1(of 2)

Best time in the category: 4:25:20

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	17:51	5:29	1	-	127	5:00	3.25	17:51	5:29	1	-	127	5:00	
Lap 2	3.25	17:57	5:31	1	-	137	5:04	6.50	35:48	5:30	1	-	135	10:04	
Lap 3	3.25	18:29	5:41	1	-	153	5:39	9.75	54:17	5:34	1	-	143	15:43	
Lap 4	3.25	19:12	5:54	1	-	175	6:06	13.00	1:13:29	5:39	1	-	155	21:49	
Lap 5	3.25	20:29	6:18	1	-	195	7:46	16.25	1:33:58	5:46	1	-	171	29:05	
Lap 6	3.25	19:33	6:00	1	-	173	6:23	19.50	1:53:31	5:49	1	-	177	35:28	
Lap 7	3.25	20:31	6:18	1	-	179	7:08	22.75	2:14:02	5:53	1	-	179	42:36	
Lap 8	3.25	21:15	6:32	1	-	181	20:31	26.00	2:35:17	5:58	1	-	183	50:13	
Lap 9	3.25	22:02	6:46	1	-	181	8:19	29.25	2:57:19	6:03	1	-	183	58:27	
Lap 10	3.25	20:51	6:24	1	-	139	7:06	32.50	3:18:10	6:05	1	-	179	1:05:06	
Lap 11	3.25	21:55	6:44	1	-	147	8:10	35.75	3:40:05	6:09	1	-	179	1:12:18	
Lap 12	3.25	23:05	7:06	1	-	153	9:30	39.00	4:03:10	6:14	1	-	175	1:20:43	
Last lap Finish	3.25	22:10	6:49	1	-	151	8:18	42.25	4:25:20	6:16	1	-	171	1:28:17	