



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Scharfenberg, Jörg

Club: Barchfeld

Number: 58

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:25:07

Speed: 9.51 km/h

Running performance: 6:16 min/km

Rank in course/Total: 181 (of 250)

Rank in course/Men: 84 (of 212)

Best time in course: 2:57:03

Rank in category: 28(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	18:16	5:37	49	4:41	159	5:25	3.25	18:16	5:37	49	4:41	159	5:25
Lap 2	3.25	17:35	5:24	43	4:00	125	4:42	6.50	35:51	5:30	45	8:41	137	10:07
Lap 3	3.25	17:43	5:27	39	3:36	121	4:53	9.75	53:34	5:29	41	12:17	127	15:00
Lap 4	3.25	17:35	5:24	33	3:33	107	4:29	13.00	1:11:09	5:28	39	15:50	121	19:29
Lap 5	3.25	17:32	5:23	33	3:22	105	4:49	16.25	1:28:41	5:27	37	19:12	117	23:48
Lap 6	3.25	17:56	5:31	39	3:47	117	4:46	19.50	1:46:37	5:28	35	22:59	113	28:34
Lap 7	3.25	18:01	5:32	37	3:22	113	4:38	22.75	2:04:38	5:28	35	26:21	115	33:12
Lap 8	3.25	19:07	5:52	43	4:23	135	18:23	26.00	2:23:45	5:31	41	30:44	125	38:41
Lap 9	3.25	21:20	6:33	53	6:14	167	7:37	29.25	2:45:05	5:38	45	36:54	135	46:13
Lap 10	3.25	23:24	7:11	55	7:57	183	9:39	32.50	3:08:29	5:47	45	44:39	147	55:25
Lap 11	3.25	25:48	7:56	61	10:40	197	12:03	35.75	3:34:17	5:59	53	54:04	159	1:06:30
Lap 12	3.25	26:05	8:01	61	11:01	193	12:30	39.00	4:00:22	6:09	55	1:03:42	169	1:17:55
Last lap Finish	3.25	24:45	7:36	55	10:03	175	10:53	42.25	4:25:07	6:16	55	1:12:03	167	1:28:04