



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

scheidler, arnt

Club: tv goldbach

Number: 43

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:28:37

Speed: 9.38 km/h

Running performance: 6:22 min/km

Rank in course/Total: 199 (of 250)

Rank in course/Men: 89 (of 212)

Best time in course: 2:57:03

Rank in category: 18(of 38)

Best time in the category: 3:00:08

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	18:20	5:38	37	4:40	163	5:29	3.25	18:20	5:38	37	4:40	163	5:29
Lap 2	3.25	19:30	6:00	37	5:48	193	6:37	6.50	37:50	5:49	37	10:28	179	12:06
Lap 3	3.25	19:20	5:56	37	5:13	189	6:30	9.75	57:10	5:51	37	15:41	185	18:36
Lap 4	3.25	19:48	6:05	37	5:51	191	6:42	13.00	1:16:58	5:55	37	21:25	189	25:18
Lap 5	3.25	20:02	6:09	37	7:19	189	7:19	16.25	1:37:00	5:58	37	27:30	187	32:07
Lap 6	3.25	20:54	6:25	37	6:55	191	7:44	19.50	1:57:54	6:02	37	34:25	189	39:51
Lap 7	3.25	20:40	6:21	35	6:46	183	7:17	22.75	2:18:34	6:05	37	41:11	189	47:08
Lap 8	3.25	21:04	6:28	37	6:59	177	20:20	26.00	2:39:38	6:08	37	48:10	189	54:34
Lap 9	3.25	21:05	6:29	33	7:22	161	7:22	29.25	3:00:43	6:10	37	55:32	185	1:01:51
Lap 10	3.25	21:28	6:36	33	7:43	163	7:43	32.50	3:22:11	6:13	37	1:03:15	185	1:09:07
Lap 11	3.25	22:18	6:51	33	8:33	161	8:33	35.75	3:44:29	6:16	37	1:11:48	185	1:16:42
Lap 12	3.25	22:32	6:56	33	8:57	149	8:57	39.00	4:07:01	6:20	35	1:20:45	181	1:24:34
Last lap Finish	3.25	21:36	6:38	31	7:44	145	7:44	42.25	4:28:37	6:21	35	1:28:29	177	1:31:34