



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

## Detailed evaluation

**Alabor, Erik**

Club: Biel-Benken

Number: 57

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:34:35

Speed: 9.18 km/h

Running performance: 6:30 min/km

Rank in course/Total: 205 (of 250)

Rank in course/Men: 92 (of 212)

Best time in course: 2:57:03

Rank in category: 31(of 64)

Best time in the category: 3:13:04

### 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.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:58	5:31	41	4:23	129	5:07	3.25	17:58	5:31	41	4:23	129	5:07
Lap 2	3.25	17:09	5:16	27	3:34	101	4:16	6.50	35:07	5:24	35	7:57	115	9:23
Lap 3	3.25	17:32	5:23	35	3:25	115	4:42	9.75	52:39	5:23	39	11:22	121	14:05
Lap 4	3.25	18:35	5:43	51	4:33	147	5:29	13.00	1:11:14	5:28	41	15:55	123	19:34
Lap 5	3.25	18:55	5:49	59	4:45	169	6:12	16.25	1:30:09	5:32	47	20:40	137	25:16
Lap 6	3.25	19:09	5:53	55	5:00	165	5:59	19.50	1:49:18	5:36	51	25:40	143	31:15
Lap 7	3.25	20:00	6:09	53	5:21	163	6:37	22.75	2:09:18	5:41	53	31:01	145	37:52
Lap 8	3.25	21:18	6:33	57	6:34	183	20:34	26.00	2:30:36	5:47	53	37:35	155	45:32
Lap 9	3.25	23:49	7:19	63	8:43	197	10:06	29.25	2:54:25	5:57	59	46:14	175	55:33
Lap 10	3.25	25:45	7:55	63	10:18	207	12:00	32.50	3:20:10	6:09	61	56:20	183	1:07:06
Lap 11	3.25	19:53	6:07	37	4:45	107	6:08	35.75	3:40:03	6:09	59	59:50	177	1:12:16
Lap 12	3.25	28:31	8:46	63	13:27	205	14:56	39.00	4:08:34	6:22	61	1:11:54	185	1:26:07
Last lap Finish	3.25	26:01	8:00	59	11:19	187	12:09	42.25	4:34:35	6:29	61	1:21:31	183	1:37:32