



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Runge, Gerd

Club: LT Einfeld

Number: 120

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:36:14

Speed: 9.12 km/h

Running performance: 6:32 min/km

Rank in course/Total: 211 (of 250)

Rank in course/Men: 93 (of 212)

Best time in course: 2:57:03

Rank in category: 8(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:34	6:01	15	3:17	199	6:43	3.25	19:34	6:01	15	3:17	199	6:43
Lap 2	3.25	19:08	5:53	11	2:14	181	6:15	6.50	38:42	5:57	15	4:46	197	12:58
Lap 3	3.25	19:15	5:55	15	1:57	187	6:25	9.75	57:57	5:56	15	6:43	191	19:23
Lap 4	3.25	19:15	5:55	13	1:36	177	6:09	13.00	1:17:12	5:56	15	8:19	191	25:32
Lap 5	3.25	19:57	6:08	15	2:14	187	7:14	16.25	1:37:09	5:58	15	10:03	191	32:16
Lap 6	3.25	20:02	6:09	15	2:02	183	6:52	19.50	1:57:11	6:00	15	11:44	187	39:08
Lap 7	3.25	20:21	6:15	15	2:06	175	6:58	22.75	2:17:32	6:02	15	13:26	185	46:06
Lap 8	3.25	21:52	6:43	15	3:21	191	21:08	26.00	2:39:24	6:07	15	16:27	187	54:20
Lap 9	3.25	21:50	6:43	13	3:05	177	8:07	29.25	3:01:14	6:11	15	18:42	187	1:02:22
Lap 10	3.25	22:33	6:56	15	3:20	177	8:48	32.50	3:23:47	6:16	15	21:30	187	1:10:43
Lap 11	3.25	23:27	7:12	15	4:08	175	9:42	35.75	3:47:14	6:21	15	24:49	189	1:19:27
Lap 12	3.25	23:48	7:19	11	4:11	163	10:13	39.00	4:11:02	6:26	15	28:20	187	1:28:35
Last lap Finish	3.25	25:12	7:45	15	5:53	181	11:20	42.25	4:36:14	6:32	15	32:54	185	1:39:11