



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hinkel, Friedrich

Club: TV-Lemberg

Number: 141

Course: 42.25 km

Marathon

Category:

Senioren M75 (75 und älter)

Total time: 5:15:12

Speed: 8.04 km/h

Running performance: 7:28 min/km

Rank in course/Total: 245 (of 250)

Rank in course/Men: 106 (of 212)

Best time in course: 2:57:03

Rank in category: 1(of 2)

Best time in the category: 5:15:12

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	21:11	6:31	1	-	211	8:20	3.25	21:11	6:31	1	-	211	8:20
Lap 2	3.25	21:58	6:45	1	-	209	9:05	6.50	43:09	6:38	1	-	209	17:25
Lap 3	3.25	21:31	6:37	1	-	211	8:41	9.75	1:04:40	6:37	1	-	209	26:06
Lap 4	3.25	21:56	6:44	1	-	209	8:50	13.00	1:26:36	6:39	1	-	211	34:56
Lap 5	3.25	22:32	6:56	1	-	211	9:49	16.25	1:49:08	6:42	1	-	211	44:15
Lap 6	3.25	23:11	7:08	1	-	211	10:01	19.50	2:12:19	6:47	1	-	211	54:16
Lap 7	3.25	23:43	7:17	1	-	211	10:20	22.75	2:36:02	6:51	1	-	211	1:04:36
Lap 8	3.25	24:49	7:38	1	-	209	24:05	26.00	3:00:51	6:57	1	-	211	1:15:47
Lap 9	3.25	25:36	7:52	1	-	207	11:53	29.25	3:26:27	7:03	1	-	211	1:27:35
Lap 10	3.25	25:37	7:52	1	-	205	11:52	32.50	3:52:04	7:08	1	-	211	1:39:00
Lap 11	3.25	25:51	7:57	1	-	199	12:06	35.75	4:17:55	7:12	1	-	211	1:50:08
Lap 12	3.25	26:59	8:18	1	-	203	13:24	39.00	4:44:54	7:18	1	-	211	2:02:27
Last lap Finish	3.25	30:18	9:19	1	-	205	16:26	42.25	5:15:12	7:27	1	-	211	2:18:09