



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

SEELE, Hartmut

Club: medigreif

Number: 75

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 2:59:52

Speed: 14.01 km/h

Running performance: 4:16 min/km

Rank in course/Total: 3 (of 143)

Rank in course/Men: 3 (of 129)

Best time in course: 2:55:38

Rank in category: 1(of 38)

Best time in the category: 2:59:52

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	12:58	3:59	1	-	5	0:41	3.25	12:58	3:59	24		7	
Lap 2	3.25	13:10	4:03	1	-	4	0:19	6.50	26:08	4:01	30		7	
Lap 3	3.25	13:15	4:04	1	-	5	0:20	9.75	39:23	4:02	30		7	
Lap 4	3.25	13:26	4:08	1	-	4	0:33	13.00	52:49	4:03	30		7	
Lap 5	3.25	13:35	4:10	1	-	4	0:34	16.25	1:06:24	4:05	30		7	
Lap 6	3.25	13:50	4:15	2	0:18	5	0:57	19.50	1:20:14	4:06	30		7	
Lap 7	3.25	13:49	4:15	2	0:07	5	0:39	22.75	1:34:03	4:08	30		7	
Lap 8	3.25	13:50	4:15	2	0:03	4	0:18	26.00	1:47:53	4:08	30		3	3:39
Lap 9	3.25	13:58	4:17	2	0:12	4	0:20	29.25	2:01:51	4:09	30		3	3:47
Lap 10	3.25	14:25	4:26	3	0:17	4	0:22	32.50	2:16:16	4:11	29		3	4:09
Lap 11	3.25	14:28	4:27	3	0:18	4	0:20	35.75	2:30:44	4:12	28		3	4:29
Lap 12	3.25	14:36	4:29	2	0:45	2	0:45	39.00	2:45:20	4:14	28		3	4:22
Last lap Finish	3.25	14:32	4:28	3	0:57	3	0:57	42.25	2:59:52	4:15	1	-	7	30:09