



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Schwehla, Frank

Club: TV Bad Brückenau

Number: 68

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:38:06

Speed: 13.91 km/h

Running performance: 4:19 min/km

Rank in course/Total: 4 (of 128)

Rank in course/Men: 4 (of 109)

Best time in course: 1:26:57

Rank in category: 2(of 21)

Best time in the category: 1:38:01

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	12:57	3:59	1	-	3	0:41	3.25	12:57	3:59	19		9	12:57
Lap 2	3.25	13:14	4:04	1	-	2	0:57	6.50	26:11	4:01	19		9	26:11
Lap 3	3.25	13:37	4:11	1	-	2	1:26	9.75	39:48	4:04	19		7	39:48
Lap 4	3.25	13:48	4:14	1	-	3	1:36	13.00	53:36	4:07	19		6	53:36
Lap 5	3.25	15:01	4:37	3	0:57	9	2:26	16.25	1:08:37	4:13	19		5	53:48
Lap 6	3.25	14:39	4:30	3	0:34	8	2:01	19.50	1:23:16	4:16	19		5	50:36
Last lap Finish	3.25	14:50	4:33	4	0:59	12	14:25	22.75	1:38:06	4:18	4	40:42	9	53:42