



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Bender, Hans**

Club: Egger Holzwerkstoffe Wismar

Number: 14

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:42:45

Speed: 12.85 km/h

Running performance: 4:31 min/km

Rank in course/Total: 9 (of 128)

Rank in course/Men: 9 (of 109)

Best time in course: 1:26:57

Rank in category: 1(of 12)

Best time in the category: 1:42:45

### 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	14:52	4:34	3	1:07	19	2:36	3.25	14:52	4:34	1	-	14	14:52
Lap 2	3.25	14:07	4:20	1	-	11	1:50	6.50	28:59	4:27	1	-	14	28:59
Lap 3	3.25	13:59	4:18	1	-	5	1:48	9.75	42:58	4:24	1	-	12	42:58
Lap 4	3.25	14:41	4:31	1	-	9	2:29	13.00	57:39	4:26	1	-	11	57:39
Lap 5	3.25	15:05	4:38	1	-	10	2:30	16.25	1:12:44	4:28	1	-	10	57:55
Lap 6	3.25	15:16	4:41	1	-	11	2:38	19.50	1:28:00	4:30	1	-	10	55:20
Last lap Finish	3.25	14:45	4:32	1	-	11	14:20	22.75	1:42:45	4:30	1	-	14	58:21