



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Lesser, Steffen

Club: Bosch Eisenach

Number: 4

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:43:22

Speed: 12.77 km/h

Running performance: 4:32 min/km

Rank in course/Total: 10 (of 128)

Rank in course/Men: 10 (of 109)

Best time in course: 1:26:57

Rank in category: 2(of 14)

Best time in the category: 1:26:57

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 | 13:52 | 4:15 | 3 | 1:36 | 8 | 1:36 | 3.25 | 13:52 | 4:15 | 2 | 1:36 | 15 | 13:52 |
| Lap 2 | 3.25 | 14:06 | 4:20 | 3 | 1:49 | 10 | 1:49 | 6.50 | 27:58 | 4:18 | 2 | 3:25 | 15 | 27:58 |
| Lap 3 | 3.25 | 14:27 | 4:26 | 2 | 2:16 | 9 | 2:16 | 9.75 | 42:25 | 4:21 | 2 | 5:41 | 13 | 42:25 |
| Lap 4 | 3.25 | 14:58 | 4:36 | 2 | 2:46 | 12 | 2:46 | 13.00 | 57:23 | 4:24 | 2 | 8:27 | 12 | 57:23 |
| Lap 5 | 3.25 | 15:27 | 4:45 | 2 | 2:52 | 13 | 2:52 | 16.25 | 1:12:50 | 4:28 | 2 | 11:19 | 11 | 58:01 |
| Lap 6 | 3.25 | 15:20 | 4:43 | 2 | 2:42 | 12 | 2:42 | 19.50 | 1:28:10 | 4:31 | 2 | 14:01 | 11 | 55:30 |
| Last lap Finish | 3.25 | 15:12 | 4:40 | 2 | 2:24 | 15 | 14:47 | 22.75 | 1:43:22 | 4:32 | 2 | 16:25 | 15 | 58:58 |