



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Sauer, Guido

Club: Eintracht Frankfurt Triathlon

Number: 19

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:43:34

Speed: 12.75 km/h

Running performance: 4:33 min/km

Rank in course/Total: 11 (of 128)

Rank in course/Men: 11 (of 109)

Best time in course: 1:26:57

Rank in category: 3(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	14:58	4:36	5	2:01	21	2:42	3.25	14:58	4:36	18	0:38	16	14:58
Lap 2	3.25	14:49	4:33	4	1:35	19	2:32	6.50	29:47	4:34	18		16	29:47
Lap 3	3.25	15:11	4:40	4	1:34	15	3:00	9.75	44:58	4:36	18		14	44:58
Lap 4	3.25	14:51	4:34	3	1:03	11	2:39	13.00	59:49	4:36	18		13	59:49
Lap 5	3.25	14:54	4:35	2	0:50	8	2:19	16.25	1:14:43	4:35	18		12	59:54
Lap 6	3.25	14:27	4:26	2	0:22	6	1:49	19.50	1:29:10	4:34	18		12	56:30
Last lap Finish	3.25	14:24	4:25	2	0:33	8	13:59	22.75	1:43:34	4:33	5	46:10	16	59:10