



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Swiderski, Jan

Club: Bosch Eisenach

Number: 6

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:51

Speed: 12.35 km/h

Running performance: 4:42 min/km

Rank in course/Total: 15 (of 128)

Rank in course/Men: 15 (of 109)

Best time in course: 1:26:57

Rank in category: 2(of 21)

Best time in the category: 1:46:21

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	14:28	4:27	1	-	17	2:12	3.25	14:28	4:27	20		20	14:28
Lap 2	3.25	14:46	4:32	1	-	18	2:29	6.50	29:14	4:29	20		20	29:14
Lap 3	3.25	14:53	4:34	1	-	13	2:42	9.75	44:07	4:31	20		17	44:07
Lap 4	3.25	15:00	4:36	1	-	13	2:48	13.00	59:07	4:32	20		16	59:07
Lap 5	3.25	15:27	4:45	2	0:04	13	2:52	16.25	1:14:34	4:35	11		15	59:45
Lap 6	3.25	16:27	5:03	2	2:20	18	3:49	19.50	1:31:01	4:40	11		14	58:21
Last lap Finish	3.25	15:50	4:52	3	15:25	16	15:25	22.75	1:46:51	4:41	3	33:31	21	1:02:27