



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Führer, Bastian

Club: TSG Wellerode

Number: 63

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:44:11

Speed: 12.67 km/h

Running performance: 4:35 min/km

Rank in course/Total: 12 (of 128)

Rank in course/Men: 12 (of 109)

Best time in course: 1:26:57

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:45	4:13	1	-	7	1:29	3.25	13:45	4:13	3		22	13:45
Lap 2	3.25	14:21	4:24	3	0:14	15	2:04	6.50	28:06	4:19	3		22	28:06
Lap 3	3.25	14:38	4:30	3	0:39	12	2:27	9.75	42:44	4:22	3		19	42:44
Lap 4	3.25	14:45	4:32	2	0:04	10	2:33	13.00	57:29	4:25	3		18	57:29
Lap 5	3.25	15:14	4:41	2	0:09	11	2:39	16.25	1:12:43	4:28	3		17	57:54
Lap 6	3.25	15:37	4:48	2	0:21	14	2:59	19.50	1:28:20	4:31	3	0:20	16	55:40
Last lap Finish	3.25	15:51	4:52	2	1:06	17	15:26	22.75	1:44:11	4:34	2	1:26	17	59:47