



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Opitz, Stefan

Club: Nordheim

Number: 307

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:21

Speed: 12.83 km/h

Running performance: 4:40 min/km

Rank in course/Total: 14 (of 128)

Rank in course/Men: 14 (of 109)

Best time in course: 1:26:57

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:57	5:12	7	2:29	52	4:41	3.25	16:57	5:12	19		25	16:57
Lap 2	3.25	15:34	4:47	2	0:48	27	3:17	6.50	32:31	5:00	19		25	32:31
Lap 3	3.25	15:16	4:41	2	0:23	17	3:05	9.75	47:47	4:54	19		22	47:47
Lap 4	3.25	15:32	4:46	2	0:32	17	3:20	13.00	1:03:19	4:52	19		21	1:03:19
Lap 5	3.25	15:23	4:44	1	-	12	2:48	16.25	1:18:42	4:50	19		20	1:03:53
Lap 6	3.25	14:07	4:20	1	-	3	1:29	19.50	1:32:49	4:45	19		19	1:00:09
Last lap Finish	3.25	13:32	4:09	2	13:07	5	13:07	22.75	1:46:21	4:40	2	33:01	20	1:01:57