



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Röschke, Dirk

Club: Kahlenberg

Number: 102

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:51:42

Speed: 11.82 km/h

Running performance: 4:55 min/km

Rank in course/Total: 20 (of 128)

Rank in course/Men: 20 (of 109)

Best time in course: 1:26:57

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:49	5:10	12	3:52	49	4:33	3.25	16:49	5:10	16	2:29	26	16:49
Lap 2	3.25	16:14	4:59	10	3:00	37	3:57	6.50	33:03	5:05	16	3:04	26	33:03
Lap 3	3.25	16:16	5:00	7	2:39	31	4:05	9.75	49:19	5:03	16		23	49:19
Lap 4	3.25	16:07	4:57	6	2:19	22	3:55	13.00	1:05:26	5:01	16		22	1:05:26
Lap 5	3.25	16:15	5:00	5	2:11	19	3:40	16.25	1:21:41	5:01	16		21	1:06:52
Lap 6	3.25	15:23	4:44	4	1:18	13	2:45	19.50	1:37:04	4:58	16		20	1:04:24
Last lap Finish	3.25	14:38	4:30	3	0:47	10	14:13	22.75	1:51:42	4:54	7	54:18	26	1:07:18