



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Höntzsch, Stefan

Club: K+S AG

Number: 29

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:52:52

Speed: 11.70 km/h

Running performance: 4:58 min/km

Rank in course/Total: 21 (of 128)

Rank in course/Men: 21 (of 109)

Best time in course: 1:26:57

Rank in category: 4(of 12)

Best time in the category: 1:42:45

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	15:00	4:36	5	1:15	22	2:44	3.25	15:00	4:36	4	0:08	28	15:00	
Lap 2	3.25	15:27	4:45	5	1:20	24	3:10	6.50	30:27	4:41	4	1:28	28	30:27	
Lap 3	3.25	16:14	4:59	6	2:15	29	4:03	9.75	46:41	4:47	4	3:43	25	46:41	
Lap 4	3.25	16:10	4:58	4	1:29	25	3:58	13.00	1:02:51	4:50	4	5:12	24	1:02:51	
Lap 5	3.25	16:32	5:05	4	1:27	23	3:57	16.25	1:19:23	4:53	4	6:39	23	1:04:34	
Lap 6	3.25	16:39	5:07	4	1:23	20	4:01	19.50	1:36:02	4:55	4	8:02	22	1:03:22	
Last lap Finish	3.25	16:50	5:10	3	2:05	23	16:25	22.75	1:52:52	4:57	4	10:07	27	1:08:28	