



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Höhre, Claus

Club: TSG Wellerode

Number: 64

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:53:23

Speed: 11.64 km/h

Running performance: 4:59 min/km

Rank in course/Total: 22 (of 128)

Rank in course/Men: 22 (of 109)

Best time in course: 1:26:57

Rank in category: 5(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	3.25	14:03	4:19	2	0:18	11	1:47	3.25	14:03	4:19	5		27	14:03
Lap 2	3.25	14:51	4:34	4	0:44	20	2:34	6.50	28:54	4:26	5		34	28:54
Lap 3	3.25	16:01	4:55	4	2:02	24	3:50	9.75	44:55	4:36	5	1:57	31	44:55
Lap 4	3.25	16:28	5:03	6	1:47	32	4:16	13.00	1:01:23	4:43	5	3:44	30	1:01:23
Lap 5	3.25	16:42	5:08	6	1:37	28	4:07	16.25	1:18:05	4:48	5	5:21	29	1:03:16
Lap 6	3.25	17:49	5:28	7	2:33	43	5:11	19.50	1:35:54	4:55	5	7:54	28	1:03:14
Last lap Finish	3.25	17:29	5:22	5	2:44	33	17:04	22.75	1:53:23	4:59	5	10:38	28	1:08:59