



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Pastowski, Ralf

Club: Viba-Anschütz-Team

Number: 80

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:57:00

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 34 (of 128)

Rank in course/Men: 34 (of 109)

Best time in course: 1:26:57

Rank in category: 6(of 16)

Best time in the category: 1:39:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:45	5:09	6	2:29	45	4:29	3.25	16:45	5:09	6	16:45	39	16:45
Lap 2	3.25	16:28	5:03	6	2:34	44	4:11	6.50	33:13	5:06	6	33:13	39	33:13
Lap 3	3.25	16:26	5:03	6	2:22	35	4:15	9.75	49:39	5:05	6	49:39	36	49:39
Lap 4	3.25	16:41	5:08	7	2:26	36	4:29	13.00	1:06:20	5:06	6	1:06:20	35	1:06:20
Lap 5	3.25	16:36	5:06	5	2:11	25	4:01	16.25	1:22:56	5:06	6	1:08:07	34	1:08:07
Lap 6	3.25	16:51	5:11	4	2:32	23	4:13	19.50	1:39:47	5:07	6	1:07:07	33	1:07:07
Last lap Finish	3.25	17:13	5:17	5	2:47	27	16:48	22.75	1:57:00	5:08	6	17:21	40	1:12:36