



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rosner, Guido

Club: Bergisch Gladbach

Number: 101

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:58:33

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 37 (of 128)

Rank in course/Men: 37 (of 109)

Best time in course: 1:26:57

Rank in category: 10(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:57	5:12	14	4:00	52	4:41	3.25	16:57	5:12	13	2:37	25	16:57
Lap 2	3.25	16:36	5:06	12	3:22	49	4:19	6.50	33:33	5:09	13	3:34	41	33:33
Lap 3	3.25	17:04	5:15	14	3:27	49	4:53	9.75	50:37	5:11	13		38	50:37
Lap 4	3.25	17:17	5:19	13	3:29	44	5:05	13.00	1:07:54	5:13	13		37	1:07:54
Lap 5	3.25	17:07	5:15	11	3:03	39	4:32	16.25	1:25:01	5:13	13		36	1:10:12
Lap 6	3.25	17:05	5:15	7	3:00	28	4:27	19.50	1:42:06	5:14	13		35	1:09:26
Last lap Finish	3.25	16:27	5:03	5	2:36	18	16:02	22.75	1:58:33	5:12	12	1:01:09	43	1:14:09