



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Lorenz, Mario**

Club: FSV Schloßböckelheim

Number: 127

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:59:26

Speed: 11.05 km/h

Running performance: 5:15 min/km

Rank in course/Total: 39 (of 128)

Rank in course/Men: 39 (of 109)

Best time in course: 1:26:57

Rank in category: 4(of 21)

Best time in the category: 1:46:21

| 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     | 15:50      | 4:52         | 2           | 1:22        | 31      | 3:34       | 3.25          | 15:50      | 4:52         | 17       |             | 43      | 15:50      |
| Lap 2              | 3.25     | 16:07      | 4:57         | 3           | 1:21        | 34      | 3:50       | 6.50          | 31:57      | 4:54         | 17       |             | 43      | 31:57      |
| Lap 3              | 3.25     | 16:42      | 5:08         | 4           | 1:49        | 39      | 4:31       | 9.75          | 48:39      | 4:59         | 17       |             | 40      | 48:39      |
| Lap 4              | 3.25     | 16:55      | 5:12         | 4           | 1:55        | 39      | 4:43       | 13.00         | 1:05:34    | 5:02         | 17       |             | 39      | 1:05:34    |
| Lap 5              | 3.25     | 17:37      | 5:25         | 4           | 2:14        | 45      | 5:02       | 16.25         | 1:23:11    | 5:07         | 17       |             | 38      | 1:08:22    |
| Lap 6              | 3.25     | 17:48      | 5:28         | 5           | 3:41        | 42      | 5:10       | 19.50         | 1:40:59    | 5:10         | 17       |             | 37      | 1:08:19    |
| Last lap Finish    | 3.25     | 18:27      | 5:40         | 7           | 18:02       | 51      | 18:02      | 22.75         | 1:59:26    | 5:14         | 5        | 46:06       | 45      | 1:15:02    |