



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Preißing, Jens

Club: Neuwied

Number: 99

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:59:03

Speed: 11.09 km/h

Running performance: 5:14 min/km

Rank in course/Total: 38 (of 128)

Rank in course/Men: 38 (of 109)

Best time in course: 1:26:57

Rank in category: 11(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	16:58	5:13	15	4:01	54	4:42	3.25	16:58	5:13	11	2:38	44	16:58	
Lap 2	3.25	17:48	5:28	17	4:34	77	5:31	6.50	34:46	5:20	11	4:47	44	34:46	
Lap 3	3.25	16:51	5:11	11	3:14	42	4:40	9.75	51:37	5:17	1	-	41	51:37	
Lap 4	3.25	16:40	5:07	9	2:52	35	4:28	13.00	1:08:17	5:15	1	-	40	1:08:17	
Lap 5	3.25	16:45	5:09	8	2:41	31	4:10	16.25	1:25:02	5:13	1	-	39	1:10:13	
Lap 6	3.25	17:20	5:19	10	3:15	36	4:42	19.50	1:42:22	5:14	1	-	38	1:09:42	
Last lap Finish	3.25	16:41	5:08	6	2:50	21	16:16	22.75	1:59:03	5:13	13	1:01:39	44	1:14:39	