



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Bohr, Volker

Club: TuS Boos

Number: 67

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:59:49

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 40 (of 128)

Rank in course/Men: 40 (of 109)

Best time in course: 1:26:57

Rank in category: 12(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	16:53	5:11	13	3:56	51	4:37	3.25	16:53	5:11	10	2:33	45	16:53
Lap 2	3.25	16:42	5:08	13	3:28	51	4:25	6.50	33:35	5:10	10	3:36	45	33:35
Lap 3	3.25	16:58	5:13	12	3:21	45	4:47	9.75	50:33	5:11	10		42	50:33
Lap 4	3.25	17:15	5:18	12	3:27	42	5:03	13.00	1:07:48	5:12	10		41	1:07:48
Lap 5	3.25	16:40	5:07	6	2:36	27	4:05	16.25	1:24:28	5:11	10		40	1:09:39
Lap 6	3.25	17:21	5:20	11	3:16	37	4:43	19.50	1:41:49	5:13	10		39	1:09:09
Last lap Finish	3.25	18:00	5:32	12	4:09	43	17:35	22.75	1:59:49	5:15	14	1:02:25	46	1:15:25