



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Herpel, Stefan

Club: TV Achim Baden

Number: 135

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:01:17

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 45 (of 128)

Rank in course/Men: 43 (of 109)

Best time in course: 1:26:57

Rank in category: 5(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.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	17:07	5:15	9	2:39	58	4:51	3.25	17:07	5:15	16		48	17:07
Lap 2	3.25	16:44	5:08	7	1:58	52	4:27	6.50	33:51	5:12	16		48	33:51
Lap 3	3.25	16:54	5:11	5	2:01	43	4:43	9.75	50:45	5:12	16		45	50:45
Lap 4	3.25	17:16	5:18	5	2:16	43	5:04	13.00	1:08:01	5:13	16		44	1:08:01
Lap 5	3.25	17:40	5:26	5	2:17	46	5:05	16.25	1:25:41	5:16	16		43	1:10:52
Lap 6	3.25	17:58	5:31	6	3:51	46	5:20	19.50	1:43:39	5:18	16		42	1:10:59
Last lap Finish	3.25	17:38	5:25	5	17:13	36	17:13	22.75	2:01:17	5:19	6	47:57	49	1:16:53