



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Oleksy, Adam

Club: Kassel

Number: 30

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:01:30

Speed: 10.86 km/h

Running performance: 5:20 min/km

Rank in course/Total: 46 (of 128)

Rank in course/Men: 44 (of 109)

Best time in course: 1:26:57

Rank in category: 8(of 14)

Best time in the category: 1:26:57

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	17:10	5:16	10	4:54	59	4:54	3.25	17:10	5:16	8	4:54	49	17:10	
Lap 2	3.25	16:52	5:11	10	4:35	54	4:35	6.50	34:02	5:14	8	9:29	49	34:02	
Lap 3	3.25	16:58	5:13	8	4:47	45	4:47	9.75	51:00	5:13	8	14:16	46	51:00	
Lap 4	3.25	17:19	5:19	8	5:07	45	5:07	13.00	1:08:19	5:15	8	19:23	45	1:08:19	
Lap 5	3.25	17:30	5:23	8	4:55	43	4:55	16.25	1:25:49	5:16	8	24:18	44	1:11:00	
Lap 6	3.25	17:19	5:19	8	4:41	35	4:41	19.50	1:43:08	5:17	8	28:59	43	1:10:28	
Last lap Finish	3.25	18:22	5:39	7	5:34	49	17:57	22.75	2:01:30	5:20	8	34:33	50	1:17:06	