



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kajüter, Burkhard

Club: Emsbüren

Number: 141

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:02:36

Speed: 10.77 km/h

Running performance: 5:23 min/km

Rank in course/Total: 48 (of 128)

Rank in course/Men: 45 (of 109)

Best time in course: 1:26:57

Rank in category: 6(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	16:20	5:01	4	1:52	41	4:04	3.25	16:20	5:01	15		50	16:20
Lap 2	3.25	17:04	5:15	8	2:18	58	4:47	6.50	33:24	5:08	15		50	33:24
Lap 3	3.25	17:14	5:18	7	2:21	53	5:03	9.75	50:38	5:11	15		47	50:38
Lap 4	3.25	18:13	5:36	9	3:13	66	6:01	13.00	1:08:51	5:17	15		46	1:08:51
Lap 5	3.25	18:07	5:34	7	2:44	52	5:32	16.25	1:26:58	5:21	15		45	1:12:09
Lap 6	3.25	17:43	5:27	4	3:36	41	5:05	19.50	1:44:41	5:22	15		44	1:12:01
Last lap Finish	3.25	17:55	5:30	6	17:30	41	17:30	22.75	2:02:36	5:23	7	49:16	51	1:18:12