



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Dischert, Kai-Dan

Club: SC Neuenstein

Number: 131

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:05:30

Speed: 10.52 km/h

Running performance: 5:31 min/km

Rank in course/Total: 55 (of 128)

Rank in course/Men: 52 (of 109)

Best time in course: 1:26:57

Rank in category: 8(of 21)

Best time in the category: 1:46:21

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	16:09	4:58	3	1:41	34	3:53	3.25	16:09	4:58	13		57	16:09
Lap 2	3.25	16:19	5:01	5	1:33	41	4:02	6.50	32:28	4:59	13		57	32:28
Lap 3	3.25	17:11	5:17	6	2:18	52	5:00	9.75	49:39	5:05	13		36	49:39
Lap 4	3.25	18:00	5:32	8	3:00	58	5:48	13.00	1:07:39	5:12	13		53	1:07:39
Lap 5	3.25	18:43	5:45	10	3:20	66	6:08	16.25	1:26:22	5:18	13		52	1:11:33
Lap 6	3.25	19:24	5:58	11	5:17	68	6:46	19.50	1:45:46	5:25	13		51	1:13:06
Last lap Finish	3.25	19:44	6:04	12	19:19	72	19:19	22.75	2:05:30	5:30	9	52:10	58	1:21:06