



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Liebetrau, Jens

Club: Bosch Eisenach

Number: 7

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:06:31

Speed: 10.43 km/h

Running performance: 5:34 min/km

Rank in course/Total: 60 (of 128)

Rank in course/Men: 56 (of 109)

Best time in course: 1:26:57

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:22	4:43	6	2:25	25	3:06	3.25	15:22	4:43	7	1:02	61	15:22
Lap 2	3.25	16:09	4:58	8	2:55	35	3:52	6.50	31:31	4:50	7	1:32	61	31:31
Lap 3	3.25	17:01	5:14	13	3:24	48	4:50	9.75	48:32	4:58	7		58	48:32
Lap 4	3.25	18:04	5:33	15	4:16	60	5:52	13.00	1:06:36	5:07	7		57	1:06:36
Lap 5	3.25	19:17	5:56	18	5:13	76	6:42	16.25	1:25:53	5:17	7	0:51	56	1:11:04
Lap 6	3.25	19:50	6:06	17	5:45	77	7:12	19.50	1:45:43	5:25	7	3:21	55	1:13:03
Last lap Finish	3.25	20:48	6:24	18	6:57	80	20:23	22.75	2:06:31	5:33	17	1:09:07	62	1:22:07