



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Lange, Heiko

Club: Viba-Anschütz

Number: 79

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:07:34

Speed: 10.35 km/h

Running performance: 5:37 min/km

Rank in course/Total: 67 (of 128)

Rank in course/Men: 62 (of 109)

Best time in course: 1:26:57

Rank in category: 10(of 16)

Best time in the category: 1:39:39

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	16:45	5:09	6	2:29	45	4:29	3.25	16:45	5:09	6	16:45	39	16:45	
Lap 2	3.25	17:10	5:16	10	3:16	60	4:53	6.50	33:55	5:13	10	33:55	64	33:55	
Lap 3	3.25	17:49	5:28	11	3:45	64	5:38	9.75	51:44	5:18	10	51:44	61	51:44	
Lap 4	3.25	19:36	6:01	14	5:21	84	7:24	13.00	1:11:20	5:29	10	1:11:20	61	1:11:20	
Lap 5	3.25	18:19	5:38	10	3:54	56	5:44	16.25	1:29:39	5:31	10	1:14:50	60	1:14:50	
Lap 6	3.25	19:22	5:57	12	5:03	66	6:44	19.50	1:49:01	5:35	10	1:16:21	58	1:16:21	
Last lap Finish	3.25	18:33	5:42	10	4:07	55	18:08	22.75	2:07:34	5:36	10	27:55	68	1:23:10	