



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kuester, Torsten

Club: SG Spergau

Number: 133

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:09:02

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 73 (of 128)

Rank in course/Men: 68 (of 109)

Best time in course: 1:26:57

Rank in category: 10(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.	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	17:03	5:14	8	2:35	55	4:47	3.25	17:03	5:14	12		56	17:03
Lap 2	3.25	17:21	5:20	10	2:35	64	5:04	6.50	34:24	5:17	12		71	34:24
Lap 3	3.25	17:48	5:28	10	2:55	63	5:37	9.75	52:12	5:21	12		68	52:12
Lap 4	3.25	18:34	5:42	12	3:34	72	6:22	13.00	1:10:46	5:26	12		67	1:10:46
Lap 5	3.25	19:30	6:00	13	4:07	80	6:55	16.25	1:30:16	5:33	10		66	1:15:27
Lap 6	3.25	19:34	6:01	12	5:27	72	6:56	19.50	1:49:50	5:37	12		65	1:17:10
Last lap Finish	3.25	19:12	5:54	11	18:47	66	18:47	22.75	2:09:02	5:40	11	55:42	74	1:24:38