



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Coccejus, Michael

Club: Annakram e. V. laufendhelfen

Number: 1

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:09:41

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 74 (of 128)

Rank in course/Men: 69 (of 109)

Best time in course: 1:26:57

Rank in category: 11(of 16)

Best time in the category: 1:39:39

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	18:28	5:40	12	4:12	78	6:12	3.25	18:28	5:40	11	18:28	72	18:28
Lap 2	3.25	17:13	5:17	11	3:19	62	4:56	6.50	35:41	5:29	11	35:41	72	35:41
Lap 3	3.25	18:02	5:32	12	3:58	66	5:51	9.75	53:43	5:30	11	53:43	69	53:43
Lap 4	3.25	18:17	5:37	11	4:02	67	6:05	13.00	1:12:00	5:32	11	1:12:00	68	1:12:00
Lap 5	3.25	19:04	5:51	12	4:39	71	6:29	16.25	1:31:04	5:36	11	1:16:15	67	1:16:15
Lap 6	3.25	19:43	6:03	13	5:24	74	7:05	19.50	1:50:47	5:40	11	1:18:07	66	1:18:07
Last lap Finish	3.25	18:54	5:48	11	4:28	60	18:29	22.75	2:09:41	5:42	11	30:02	75	1:25:17