



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Hopf, Jens-Uwe

Club: Sachsenbrunn

Number: 140

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:10:43

Speed: 10.10 km/h

Running performance: 5:45 min/km

Rank in course/Total: 78 (of 128)

Rank in course/Men: 72 (of 109)

Best time in course: 1:26:57

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:49	5:28	11	3:21	71	5:33	3.25	17:49	5:28	10		75	17:49
Lap 2	3.25	17:19	5:19	9	2:33	63	5:02	6.50	35:08	5:24	10		75	35:08
Lap 3	3.25	17:45	5:27	9	2:52	62	5:34	9.75	52:53	5:25	10		72	52:53
Lap 4	3.25	18:25	5:40	11	3:25	70	6:13	13.00	1:11:18	5:29	10		71	1:11:18
Lap 5	3.25	18:58	5:50	11	3:35	70	6:23	16.25	1:30:16	5:33	10		66	1:15:27
Lap 6	3.25	19:58	6:08	13	5:51	79	7:20	19.50	1:50:14	5:39	10		69	1:17:34
Last lap Finish	3.25	20:29	6:18	15	20:04	79	20:04	22.75	2:10:43	5:44	13	57:23	78	1:26:19