



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rauhut, Ronny

Club: Untrancierbar e.V.

Number: 74

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:16:59

Speed: 9.64 km/h

Running performance: 6:01 min/km

Rank in course/Total: 87 (of 128)

Rank in course/Men: 80 (of 109)

Best time in course: 1:26:57

Rank in category: 9(of 12)

Best time in the category: 1:42:45

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	18:38	5:44	9	4:53	84	6:22	3.25	18:38	5:44	9	3:46	83	18:38	
Lap 2	3.25	19:16	5:55	9	5:09	89	6:59	6.50	37:54	5:49	9	8:55	83	37:54	
Lap 3	3.25	19:15	5:55	10	5:16	90	7:04	9.75	57:09	5:51	9	14:11	80	57:09	
Lap 4	3.25	20:29	6:18	9	5:48	90	8:17	13.00	1:17:38	5:58	9	19:59	79	1:17:38	
Lap 5	3.25	18:57	5:49	9	3:52	68	6:22	16.25	1:36:35	5:56	9	23:51	78	1:21:46	
Lap 6	3.25	19:21	5:57	9	4:05	65	6:43	19.50	1:55:56	5:56	9	27:56	77	1:23:16	
Last lap Finish	3.25	21:03	6:28	9	6:18	83	20:38	22.75	2:16:59	6:01	9	34:14	86	1:32:35	