



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Hegener, Franz-Josef

Club: Salzkotten

Number: 139

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:19:45

Speed: 9.45 km/h

Running performance: 6:08 min/km

Rank in course/Total: 92 (of 128)

Rank in course/Men: 85 (of 109)

Best time in course: 1:26:57

Rank in category: 14(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:01	6:09	16	5:33	96	7:45	3.25	20:01	6:09	9	1:24	86	20:01
Lap 2	3.25	19:51	6:06	15	5:05	97	7:34	6.50	39:52	6:08	9	2:47	86	39:52
Lap 3	3.25	19:47	6:05	15	4:54	93	7:36	9.75	59:39	6:07	9	4:12	83	59:39
Lap 4	3.25	19:41	6:03	15	4:41	86	7:29	13.00	1:19:20	6:06	9	5:29	82	1:19:20
Lap 5	3.25	19:52	6:06	14	4:29	86	7:17	16.25	1:39:12	6:06	9	6:52	81	1:24:23
Lap 6	3.25	20:21	6:15	14	6:14	82	7:43	19.50	1:59:33	6:07	9	8:12	80	1:26:53
Last lap Finish	3.25	20:12	6:12	14	19:47	74	19:47	22.75	2:19:45	6:08	15	1:06:25	91	1:35:21