



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: 9.77 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 ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | 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 |