



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kattoll, Michael

Club: Untrainierbar e.V.

Number: 72

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:20:43

Speed: 9.38 km/h

Running performance: 6:11 min/km

Rank in course/Total: 93 (of 128)

Rank in course/Men: 86 (of 109)

Best time in course: 1:26:57

Rank in category: 10(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	18:39	5:44	11	4:54	86	6:23	3.25	18:39	5:44	10	3:47	87	18:39
Lap 2	3.25	19:17	5:56	10	5:10	90	7:00	6.50	37:56	5:50	10	8:57	87	37:56
Lap 3	3.25	19:18	5:56	11	5:19	91	7:07	9.75	57:14	5:52	10	14:16	84	57:14
Lap 4	3.25	20:35	6:19	11	5:54	92	8:23	13.00	1:17:49	5:59	10	20:10	83	1:17:49
Lap 5	3.25	19:35	6:01	10	4:30	81	7:00	16.25	1:37:24	5:59	10	24:40	82	1:22:35
Lap 6	3.25	21:36	6:38	10	6:20	90	8:58	19.50	1:59:00	6:06	10	31:00	81	1:26:20
Last lap Finish	3.25	21:43	6:40	10	6:58	85	21:18	22.75	2:20:43	6:11	10	37:58	92	1:36:19