



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Schmieder, Sebastian

Club: Untrainierbar e.V.

Number: 73

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:20:48

Speed: 9.38 km/h

Running performance: 6:11 min/km

Rank in course/Total: 94 (of 128)

Rank in course/Men: 87 (of 109)

Best time in course: 1:26:57

Rank in category: 11(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	19:17	5:56	10	5:10	90	7:00	6.50	37:55	5:49	11	8:56	88	37:55	
Lap 3	3.25	19:12	5:54	9	5:13	88	7:01	9.75	57:07	5:51	11	14:09	85	57:07	
Lap 4	3.25	20:31	6:18	10	5:50	91	8:19	13.00	1:17:38	5:58	9	19:59	79	1:17:38	
Lap 5	3.25	19:43	6:03	11	4:38	83	7:08	16.25	1:37:21	5:59	11	24:37	83	1:22:32	
Lap 6	3.25	21:38	6:39	11	6:22	91	9:00	19.50	1:58:59	6:06	11	30:59	82	1:26:19	
Last lap Finish	3.25	21:49	6:42	11	7:04	86	21:24	22.75	2:20:48	6:11	11	38:03	93	1:36:24	