



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Macht, Michael

Club: Frankfurt (Oder)

Number: 111

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:19:25

Speed: 9.47 km/h

Running performance: 6:08 min/km

Rank in course/Total: 91 (of 128)

Rank in course/Men: 84 (of 109)

Best time in course: 1:26:57

Rank in category: 6(of 9)

Best time in the category: 2:08:22

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	19:46	6:04	7	2:34	95	7:30	3.25	19:46	6:04	7	2:21	90	19:46	
Lap 2	3.25	18:18	5:37	6	1:29	80	6:01	6.50	38:04	5:51	7	3:41	90	38:04	
Lap 3	3.25	18:36	5:43	6	1:17	83	6:25	9.75	56:40	5:48	7	4:36	87	56:40	
Lap 4	3.25	19:26	5:58	4	1:34	82	7:14	13.00	1:16:06	5:51	6	6:50	86	1:16:06	
Lap 5	3.25	20:03	6:10	6	1:23	88	7:28	16.25	1:36:09	5:55	6	8:13	85	1:21:20	
Lap 6	3.25	20:54	6:25	5	1:34	86	8:16	19.50	1:57:03	6:00	6	9:43	84	1:24:23	
Last lap Finish	3.25	22:22	6:52	6	3:09	94	21:57	22.75	2:19:25	6:07	7	1:07:01	90	1:35:01	