



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Lehmbäcker, Henning

Club: Freizeit

Number: 126

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:29:52

Speed: 9.11 km/h

Running performance: 6:35 min/km

Rank in course/Total: 105 (of 128)

Rank in course/Men: 93 (of 109)

Best time in course: 1:26:57

Rank in category: 16(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 | 20:12 | 6:12 | 18 | 5:44 | 99 | 7:56 | 3.25 | 20:12 | 6:12 | 7 | 1:35 | 94 | 20:12 |
| Lap 2 | 3.25 | 20:28 | 6:17 | 18 | 5:42 | 101 | 8:11 | 6.50 | 40:40 | 6:15 | 7 | 3:35 | 94 | 40:40 |
| Lap 3 | 3.25 | 21:25 | 6:35 | 18 | 6:32 | 98 | 9:14 | 9.75 | 1:02:05 | 6:22 | 7 | 6:38 | 91 | 1:02:05 |
| Lap 4 | 3.25 | 21:58 | 6:45 | 17 | 6:58 | 95 | 9:46 | 13.00 | 1:24:03 | 6:27 | 7 | 10:12 | 90 | 1:24:03 |
| Lap 5 | 3.25 | 22:15 | 6:50 | 16 | 6:52 | 93 | 9:40 | 16.25 | 1:46:18 | 6:32 | 7 | 13:58 | 89 | 1:31:29 |
| Lap 6 | 3.25 | 21:21 | 6:34 | 15 | 7:14 | 88 | 8:43 | 19.50 | 2:07:39 | 6:32 | 7 | 16:18 | 88 | 1:34:59 |
| Last lap Finish | 3.25 | 22:13 | 6:50 | 16 | 21:48 | 91 | 21:48 | 22.75 | 2:29:52 | 6:35 | 17 | 1:16:32 | 99 | 1:45:28 |