



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: 8.81 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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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