



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Ehrhardt, matthias

Club: rheumiman

Number: 589

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:06:59

Speed: 10.40 km/h

Running performance: 5:35 min/km

Rank in course/Total: 62 (of 128)

Rank in course/Men: 58 (of 109)

Best time in course: 1:26:57

Rank in category: 9(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	17:17	5:19	10	2:49	65	5:01	3.25	17:17	5:19	6		95	17:17
Lap 2	3.25	17:25	5:21	11	2:39	66	5:08	6.50	34:42	5:20	6		95	34:42
Lap 3	3.25	18:12	5:35	11	3:19	69	6:01	9.75	52:54	5:25	6		92	52:54
Lap 4	3.25	17:43	5:27	7	2:43	56	5:31	13.00	1:10:37	5:25	6		91	1:10:37
Lap 5	3.25	17:53	5:30	6	2:30	48	5:18	16.25	1:28:30	5:26	6		90	1:13:41
Lap 6	3.25	18:38	5:44	7	4:31	55	6:00	19.50	1:47:08	5:29	6		89	1:14:28
Last lap Finish	3.25	19:51	6:06	13	19:26	73	19:26	22.75	2:06:59	5:34	10	53:39	64	1:22:35