



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Haase, Bernd

Club: LT Düsseldorf/CaBaNauTeN

Number: 563

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:17:59

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 88 (of 128)

Rank in course/Men: 81 (of 109)

Best time in course: 1:26:57

Rank in category: 13(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	22:40	6:58	19	8:12	103	10:24	3.25	22:40	6:58	5	4:03	97	22:40
Lap 2	3.25	19:31	6:00	14	4:45	96	7:14	6.50	42:11	6:29	5	5:06	97	42:11
Lap 3	3.25	19:13	5:54	14	4:20	89	7:02	9.75	1:01:24	6:17	5	5:57	94	1:01:24
Lap 4	3.25	19:33	6:00	14	4:33	83	7:21	13.00	1:20:57	6:13	5	7:06	93	1:20:57
Lap 5	3.25	19:04	5:51	12	3:41	71	6:29	16.25	1:40:01	6:09	5	7:41	92	1:25:12
Lap 6	3.25	18:53	5:48	9	4:46	58	6:15	19.50	1:58:54	6:05	5	7:33	91	1:26:14
Last lap Finish	3.25	19:05	5:52	9	18:40	63	18:40	22.75	2:17:59	6:03	14	1:04:39	87	1:33:35