



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Richter, Jens

Club: FTSV Heckershausen

Number: 529

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:40:46

Speed: 8.21 km/h

Running performance: 7:04 min/km

Rank in course/Total: 109 (of 128)

Rank in course/Men: 96 (of 109)

Best time in course: 1:26:57

Rank in category: 17(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	18:39	5:44	14	4:11	86	6:23	3.25	18:39	5:44	4	0:02	87	18:39
Lap 2	3.25	20:14	6:13	16	5:28	98	7:57	6.50	38:53	5:58	4	1:48	99	38:53
Lap 3	3.25	21:09	6:30	17	6:16	97	8:58	9.75	1:00:02	6:09	4	4:35	96	1:00:02
Lap 4	3.25	22:54	7:02	18	7:54	98	10:42	13.00	1:22:56	6:22	4	9:05	95	1:22:56
Lap 5	3.25	23:29	7:13	17	8:06	95	10:54	16.25	1:46:25	6:32	4	14:05	94	1:31:36
Lap 6	3.25	24:23	7:30	17	10:16	97	11:45	19.50	2:10:48	6:42	4	19:27	93	1:38:08
Last lap Finish	3.25	29:58	9:13	20	29:33	107	29:33	22.75	2:40:46	7:04	18	1:27:26	102	1:56:22