



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Ettlich, Volker

Club: Frankfurt (Oder)

Number: 109

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:48:45

Speed: 7.82 km/h

Running performance: 7:25 min/km

Rank in course/Total: 111 (of 128)

Rank in course/Men: 97 (of 109)

Best time in course: 1:26:57

Rank in category: 8(of 9)

Best time in the category: 2:08:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	20:27	6:17	8	3:15	101	8:11	3.25	20:27	6:17	9	3:02	101	20:27	
Lap 2	3.25	22:03	6:47	9	5:14	104	9:46	6.50	42:30	6:32	9	8:07	101	42:30	
Lap 3	3.25	23:09	7:07	9	5:50	102	10:58	9.75	1:05:39	6:44	9	13:35	98	1:05:39	
Lap 4	3.25	23:40	7:16	8	5:48	100	11:28	13.00	1:29:19	6:52	8	20:03	97	1:29:19	
Lap 5	3.25	26:20	8:06	8	7:40	99	13:45	16.25	1:55:39	7:07	8	27:43	96	1:40:50	
Lap 6	3.25	26:22	8:06	8	7:02	98	13:44	19.50	2:22:01	7:16	8	34:41	95	1:49:21	
Last lap Finish	3.25	26:44	8:13	9	7:31	101	26:19	22.75	2:48:45	7:25	9	1:36:21	103	2:04:21	