



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Anneessens, Frank

Club: Manebach

Number: 137

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:50:38

Speed: 7.74 km/h

Running performance: 7:30 min/km

Rank in course/Total: 113 (of 128)

Rank in course/Men: 98 (of 109)

Best time in course: 1:26:57

Rank in category: 18(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	19:35	6:01	15	5:07	94	7:19	3.25	19:35	6:01	3	0:58	102	19:35
Lap 2	3.25	22:34	6:56	19	7:48	105	10:17	6.50	42:09	6:29	3	5:04	102	42:09
Lap 3	3.25	23:24	7:11	19	8:31	103	11:13	9.75	1:05:33	6:43	3	10:06	99	1:05:33
Lap 4	3.25	24:29	7:31	19	9:29	102	12:17	13.00	1:30:02	6:55	3	16:11	98	1:30:02
Lap 5	3.25	27:00	8:18	18	11:37	100	14:25	16.25	1:57:02	7:12	3	24:42	97	1:42:13
Lap 6	3.25	26:50	8:15	18	12:43	99	14:12	19.50	2:23:52	7:22	3	32:31	96	1:51:12
Last lap Finish	3.25	26:46	8:14	18	26:21	102	26:21	22.75	2:50:38	7:30	19	1:37:18	104	2:06:14