



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Fries, Jürgen

Club: Team Triathlon Dreikirchen
Number: 609

Course: 42.25 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:59:43

Speed: 14.02 km/h
Running performance: 4:15 min/km

Rank in course/Total: 4 (of 148)

Rank in course/Men: 4 (of 130)

Best time in course: 2:45:50

Rank in category: 1(of 28)

Best time in the category: 2:59:43

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	12:44	3:55	1	-	3	0:28	3.25	12:44	3:55	15	-	6	-
Lap 2	3.25	12:54	3:58	1	-	3	0:16	6.50	25:38	3:56	15	-	6	-
Lap 3	3.25	13:13	4:03	1	-	5	0:42	9.75	38:51	3:59	15	-	6	-
Lap 4	3.25	13:31	4:09	1	-	9	1:00	13.00	52:22	4:01	15	-	6	-
Lap 5	3.25	13:31	4:09	1	-	8	0:54	16.25	1:05:53	4:03	15	-	6	-
Lap 6	3.25	13:40	4:12	1	-	7	1:02	19.50	1:19:33	4:04	15	-	6	-
Lap 7	3.25	13:43	4:13	1	-	6	1:03	22.75	1:33:16	4:05	15	-	6	-
Lap 8	3.25	13:49	4:15	1	-	4	1:12	26.00	1:47:05	4:07	15	-	5	-
Lap 9	3.25	14:00	4:18	1	-	5	1:17	29.25	2:01:05	4:08	15	-	5	-
Lap 10	3.25	14:20	4:24	1	-	6	1:31	32.50	2:15:25	4:09	15	-	5	-
Lap 11	3.25	14:38	4:30	1	-	6	1:36	35.75	2:30:03	4:11	15	-	5	-
Lap 12	3.25	14:59	4:36	1	-	5	1:35	39.00	2:45:02	4:13	15	-	5	-
Last lap Finish	3.25	14:41	4:31	1	-	5	14:24	42.25	2:59:43	4:15	1	-	6	2:39:32