



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Spies, Michael**

Club: ATSV - Nurmi Ternitz

Number: 514

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:05:24

Speed: 13.59 km/h

Running performance: 4:23 min/km

Rank in course/Total: 7 (of 148)

Rank in course/Men: 7 (of 130)

Best time in course: 2:45:50

Rank in category: 1(of 9)

Best time in the category: 3:05:24

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	13:02	4:00	1	-	5	0:46	3.25	13:02	4:00	1	-	9	0:14
Lap 2	3.25	13:05	4:01	1	-	4	0:27	6.50	26:07	4:01	1	-	9	
Lap 3	3.25	12:31	3:51	1	-	1	-	9.75	38:38	3:57	1	-	9	
Lap 4	3.25	12:31	3:51	1	-	1	-	13.00	51:09	3:56	1	-	9	
Lap 5	3.25	12:39	3:53	1	-	2	0:02	16.25	1:03:48	3:55	1	-	9	
Lap 6	3.25	12:58	3:59	1	-	3	0:20	19.50	1:16:46	3:56	1	-	9	
Lap 7	3.25	13:31	4:09	1	-	4	0:51	22.75	1:30:17	3:58	1	-	9	
Lap 8	3.25	14:00	4:18	1	-	5	1:23	26.00	1:44:17	4:00	1	-	8	
Lap 9	3.25	14:51	4:34	2	0:17	9	2:08	29.25	1:59:08	4:04	1	-	8	
Lap 10	3.25	15:51	4:52	2	0:55	12	3:02	32.50	2:14:59	4:09	1	-	8	
Lap 11	3.25	16:52	5:11	2	1:24	16	3:50	35.75	2:31:51	4:14	1	-	8	
Lap 12	3.25	17:38	5:25	2	2:06	25	4:14	39.00	2:49:29	4:20	1	-	8	
Last lap Finish	3.25	15:55	4:53	2	0:38	14	15:38	42.25	3:05:24	4:23	1	-	9	2:45:13