



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Smolla, Ralf

Club: RSV Hannover

Number: 130

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:08:51

Speed: 7.23 km/h

Running performance: 8:18 min/km

Rank in course/Total: 115 (of 128)

Rank in course/Men: 100 (of 109)

Best time in course: 1:26:57

Rank in category: 19(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.	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	23:45	7:18	20	9:17	105	11:29	3.25	23:45	7:18	2	5:08	107	23:45
Lap 2	3.25	24:22	7:29	20	9:36	107	12:05	6.50	48:07	7:24	2	11:02	107	48:07
Lap 3	3.25	28:43	8:50	20	13:50	104	16:32	9.75	1:16:50	7:52	2	21:23	104	1:16:50
Lap 4	3.25	27:39	8:30	20	12:39	103	15:27	13.00	1:44:29	8:02	2	30:38	103	1:44:29
Lap 5	3.25	27:21	8:24	19	11:58	101	14:46	16.25	2:11:50	8:06	2	39:30	102	1:57:01
Lap 6	3.25	28:27	8:45	19	14:20	101	15:49	19.50	2:40:17	8:13	2	48:56	101	2:07:37
Last lap Finish	3.25	28:34	8:47	19	28:09	105	28:09	22.75	3:08:51	8:18	20	1:55:31	106	2:24:27