



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Nolte, Dirk

Club: TG 1883 e.V. Schwerte-Westhofen
Number: 610

Course: 42.25 km
Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:09:28

Speed: 13.30 km/h
Running performance: 4:29 min/km

Rank in course/Total: 10 (of 148)

Rank in course/Men: 10 (of 130)

Best time in course: 2:45:50

Rank in category: 2(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	3.25	13:34	4:10	2	0:32	12	1:18	3.25	13:34	4:10	2	0:32	12	0:46
Lap 2	3.25	14:00	4:18	2	0:55	14	1:22	6.50	27:34	4:14	2	1:27	12	1:22
Lap 3	3.25	14:18	4:24	3	1:47	15	1:47	9.75	41:52	4:17	2	3:14	12	1:35
Lap 4	3.25	14:23	4:25	3	1:52	15	1:52	13.00	56:15	4:19	2	5:06	12	1:27
Lap 5	3.25	14:22	4:25	3	1:43	14	1:45	16.25	1:10:37	4:20	2	6:49	12	0:46
Lap 6	3.25	14:13	4:22	3	1:15	12	1:35	19.50	1:24:50	4:21	2	8:04	12	
Lap 7	3.25	14:23	4:25	3	0:52	9	1:43	22.75	1:39:13	4:21	2	8:56	12	
Lap 8	3.25	14:28	4:27	3	0:28	9	1:51	26.00	1:53:41	4:22	2	9:24	11	
Lap 9	3.25	14:34	4:28	1	-	6	1:51	29.25	2:08:15	4:23	2	9:07	11	
Lap 10	3.25	14:56	4:35	1	-	8	2:07	32.50	2:23:11	4:24	2	8:12	11	
Lap 11	3.25	15:28	4:45	1	-	9	2:26	35.75	2:38:39	4:26	2	6:48	11	
Lap 12	3.25	15:32	4:46	1	-	8	2:08	39.00	2:54:11	4:27	2	4:42	11	
Last lap Finish	3.25	15:17	4:42	1	-	8	15:00	42.25	3:09:28	4:29	2	4:04	12	2:49:17