



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Paul, Torsten

Club: TLV Rangsdorf

Number: 614

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:16:48

Speed: 12.80 km/h

Running performance: 4:40 min/km

Rank in course/Total: 12 (of 148)

Rank in course/Men: 12 (of 130)

Best time in course: 2:45:50

Rank in category: 2(of 28)

Best time in the category: 2:51:44

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	14:27	4:26	5	1:39	19	2:11	3.25	14:27	4:26	26		10	1:39
Lap 2	3.25	14:18	4:24	5	0:54	17	1:40	6.50	28:45	4:25	26		15	2:33
Lap 3	3.25	14:40	4:30	4	1:39	19	2:09	9.75	43:25	4:27	26		15	3:08
Lap 4	3.25	15:00	4:36	4	2:03	19	2:29	13.00	58:25	4:29	26		15	3:37
Lap 5	3.25	14:53	4:34	2	1:45	16	2:16	16.25	1:13:18	4:30	26		15	3:27
Lap 6	3.25	15:03	4:37	2	2:08	16	2:25	19.50	1:28:21	4:31	26		15	1:39
Lap 7	3.25	15:05	4:38	2	1:47	15	2:25	22.75	1:43:26	4:32	26		15	
Lap 8	3.25	15:02	4:37	2	1:44	12	2:25	26.00	1:58:28	4:33	26		14	
Lap 9	3.25	15:23	4:44	2	2:11	12	2:40	29.25	2:13:51	4:34	26		14	
Lap 10	3.25	15:35	4:47	2	2:10	11	2:46	32.50	2:29:26	4:35	26		14	
Lap 11	3.25	15:39	4:48	2	2:25	10	2:37	35.75	2:45:05	4:37	26		14	
Lap 12	3.25	15:58	4:54	2	2:31	11	2:34	39.00	3:01:03	4:38	26		13	
Last lap Finish	3.25	15:45	4:50	3	15:28	13	15:28	42.25	3:16:48	4:39	3	1:31:51	15	2:56:37