



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Weber, Andre

Club: Lauffreunde Osterholz

Number: 540

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:27:31

Speed: 12.14 km/h

Running performance: 4:55 min/km

Rank in course/Total: 19 (of 148)

Rank in course/Men: 19 (of 130)

Best time in course: 2:45:50

Rank in category: 3(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	15:00	4:36	9	2:12	33	2:44	3.25	15:00	4:36	25		22	2:12
Lap 2	3.25	15:39	4:48	10	2:15	43	3:01	6.50	30:39	4:42	25		22	4:27
Lap 3	3.25	15:30	4:46	8	2:29	36	2:59	9.75	46:09	4:44	25		22	5:52
Lap 4	3.25	15:34	4:47	8	2:37	30	3:03	13.00	1:01:43	4:44	25		22	6:55
Lap 5	3.25	15:17	4:42	4	2:09	21	2:40	16.25	1:17:00	4:44	25		22	7:09
Lap 6	3.25	15:03	4:37	2	2:08	16	2:25	19.50	1:32:03	4:43	25		22	5:21
Lap 7	3.25	15:08	4:39	3	1:50	17	2:28	22.75	1:47:11	4:42	25		22	2:31
Lap 8	3.25	15:37	4:48	4	2:19	20	3:00	26.00	2:02:48	4:43	25		21	
Lap 9	3.25	16:04	4:56	5	2:52	19	3:21	29.25	2:18:52	4:44	25		21	
Lap 10	3.25	16:32	5:05	4	3:07	20	3:43	32.50	2:35:24	4:46	25		21	
Lap 11	3.25	17:10	5:16	5	3:56	21	4:08	35.75	2:52:34	4:49	25		21	
Lap 12	3.25	17:50	5:29	8	4:23	29	4:26	39.00	3:10:24	4:52	25		20	
Last lap Finish	3.25	17:07	5:15	8	16:50	24	16:50	42.25	3:27:31	4:54	4	1:42:34	22	3:07:20