



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Krah, Sebastian

Club: Erfurt
Number: 675

Course: 42.25 km
Marathon

Category:
Männer (20-29 Jahre)

Total time: 3:29:21

Speed: 12.04 km/h
Running performance: 4:58 min/km

Rank in course/Total: 20 (of 148)

Rank in course/Men: 20 (of 130)

Best time in course: 2:45:50

Rank in category: 2(of 8)

Best time in the category: 3:00:25

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	13:22	4:06	1	-	9	1:06	3.25	13:22	4:06	3	-	23	0:34
Lap 2	3.25	13:18	4:05	1	-	6	0:40	6.50	26:40	4:06	3	-	23	0:28
Lap 3	3.25	13:46	4:14	2	0:14	11	1:15	9.75	40:26	4:08	1	-	7	0:09
Lap 4	3.25	13:26	4:08	1	-	5	0:55	13.00	53:52	4:08	1	-	7	
Lap 5	3.25	13:27	4:08	2	0:01	7	0:50	16.25	1:07:19	4:08	3	0:01	11	
Lap 6	3.25	14:55	4:35	2	1:25	15	2:17	19.50	1:22:14	4:13	3	1:26	23	
Lap 7	3.25	14:47	4:32	2	1:06	14	2:07	22.75	1:37:01	4:15	3	2:32	23	
Lap 8	3.25	15:28	4:45	2	1:23	16	2:51	26.00	1:52:29	4:19	3	3:55	22	
Lap 9	3.25	17:56	5:31	4	3:58	49	5:13	29.25	2:10:25	4:27	3	7:53	22	
Lap 10	3.25	17:41	5:26	3	3:43	32	4:52	32.50	2:28:06	4:33	3	11:36	22	
Lap 11	3.25	21:42	6:40	7	7:17	86	8:40	35.75	2:49:48	4:44	3	18:53	22	
Lap 12	3.25	20:43	6:22	5	6:00	65	7:19	39.00	3:10:31	4:53	2	24:53	21	
Last lap Finish	3.25	18:50	5:47	3	4:03	44	18:33	42.25	3:29:21	4:57	3	28:56	23	3:09:10