



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

Trzcinski, Kazimierz

Club: Plettenberg

Number: 670

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:34:04

Speed: 11.77 km/h

Running performance: 5:04 min/km

Rank in course/Total: 23 (of 148)

Rank in course/Men: 23 (of 130)

Best time in course: 2:45:50

Rank in category: 4(of 21)

Best time in the category: 3:05:18

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	14:17	4:23	3	1:04	16	2:01	3.25	14:17	4:23	19	0:17	18	1:29
Lap 2	3.25	14:56	4:35	3	1:36	26	2:18	6.50	29:13	4:29	19	0:23	17	3:01
Lap 3	3.25	15:19	4:42	4	2:01	30	2:48	9.75	44:32	4:34	19	0:32	26	4:15
Lap 4	3.25	15:40	4:49	4	2:13	33	3:09	13.00	1:00:12	4:37	19	0:48	26	5:24
Lap 5	3.25	15:52	4:52	4	2:06	30	3:15	16.25	1:16:04	4:40	19	1:24	26	6:13
Lap 6	3.25	16:11	4:58	5	2:21	35	3:33	19.50	1:32:15	4:43	19	2:07	26	5:33
Lap 7	3.25	16:38	5:07	6	2:39	40	3:58	22.75	1:48:53	4:47	19	2:32	26	4:13
Lap 8	3.25	16:38	5:07	4	2:25	33	4:01	26.00	2:05:31	4:49	19	1:50	25	
Lap 9	3.25	17:15	5:18	5	2:34	31	4:32	29.25	2:22:46	4:52	19		25	
Lap 10	3.25	17:22	5:20	5	2:32	28	4:33	32.50	2:40:08	4:55	19		25	
Lap 11	3.25	17:30	5:23	5	2:22	28	4:28	35.75	2:57:38	4:58	19		25	
Lap 12	3.25	17:46	5:28	4	1:50	27	4:22	39.00	3:15:24	5:00	19		24	
Last lap Finish	3.25	18:40	5:44	9	3:18	43	18:23	42.25	3:34:04	5:03	4	28:46	26	3:13:53