



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Leich, Kersten

Club: #Twitterlaufftreff (Stavenhagen)

Number: 501

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:36:21

Speed: 11.65 km/h

Running performance: 5:07 min/km

Rank in course/Total: 25 (of 148)

Rank in course/Men: 25 (of 130)

Best time in course: 2:45:50

Rank in category: 4(of 28)

Best time in the category: 2:59:43

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	16:52	5:11	12	4:08	73	4:36	3.25	16:52	5:11	26	0:11	28	4:04
Lap 2	3.25	16:52	5:11	14	3:58	74	4:14	6.50	33:44	5:11	26	0:16	28	7:32
Lap 3	3.25	16:53	5:11	13	3:40	70	4:22	9.75	50:37	5:11	26		28	10:20
Lap 4	3.25	16:36	5:06	11	3:05	59	4:05	13.00	1:07:13	5:10	26		28	12:25
Lap 5	3.25	16:08	4:57	8	2:37	44	3:31	16.25	1:23:21	5:07	26		28	13:30
Lap 6	3.25	16:12	4:59	5	2:32	36	3:34	19.50	1:39:33	5:06	26		28	12:51
Lap 7	3.25	16:40	5:07	6	2:57	41	4:00	22.75	1:56:13	5:06	26		28	11:33
Lap 8	3.25	16:35	5:06	6	2:46	30	3:58	26.00	2:12:48	5:06	26		27	6:54
Lap 9	3.25	16:59	5:13	4	2:59	27	4:16	29.25	2:29:47	5:07	26		27	6:56
Lap 10	3.25	16:52	5:11	3	2:32	24	4:03	32.50	2:46:39	5:07	25		27	6:01
Lap 11	3.25	16:22	5:02	3	1:44	14	3:20	35.75	3:03:01	5:07	25		27	2:52
Lap 12	3.25	17:03	5:14	3	2:04	18	3:39	39.00	3:20:04	5:07	25		26	0:03
Last lap Finish	3.25	16:17	5:00	3	1:36	18	16:00	42.25	3:36:21	5:07	4	36:38	28	3:16:10