



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Herbert, Stephan

Club: SC Nordwalde

Number: 592

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:36:35

Speed: 11.64 km/h

Running performance: 5:08 min/km

Rank in course/Total: 26 (of 148)

Rank in course/Men: 26 (of 130)

Best time in course: 2:45:50

Rank in category: 5(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	15:01	4:37	10	2:13	34	2:45	3.25	15:01	4:37	23		29	2:13
Lap 2	3.25	14:54	4:35	7	1:30	25	2:16	6.50	29:55	4:36	23		29	3:43
Lap 3	3.25	15:13	4:40	7	2:12	29	2:42	9.75	45:08	4:37	23		19	4:51
Lap 4	3.25	15:14	4:41	5	2:17	23	2:43	13.00	1:00:22	4:38	23		29	5:34
Lap 5	3.25	15:21	4:43	5	2:13	22	2:44	16.25	1:15:43	4:39	23		29	5:52
Lap 6	3.25	15:06	4:38	4	2:11	18	2:28	19.50	1:30:49	4:39	23		29	4:07
Lap 7	3.25	15:27	4:45	4	2:09	20	2:47	22.75	1:46:16	4:40	23		19	1:36
Lap 8	3.25	15:32	4:46	3	2:14	17	2:55	26.00	2:01:48	4:41	23		18	
Lap 9	3.25	15:46	4:51	3	2:34	16	3:03	29.25	2:17:34	4:42	23		28	
Lap 10	3.25	16:33	5:05	5	3:08	21	3:44	32.50	2:34:07	4:44	23		28	
Lap 11	3.25	18:43	5:45	11	5:29	42	5:41	35.75	2:52:50	4:50	23		28	
Lap 12	3.25	21:09	6:30	16	7:42	70	7:45	39.00	3:13:59	4:58	23		27	
Last lap Finish	3.25	22:36	6:57	21	22:19	95	22:19	42.25	3:36:35	5:07	6	1:51:38	29	3:16:24