



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Krah, Marcus**

Club: Siemens

Number: 598

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:37:04

Speed: 11.61 km/h

Running performance: 5:08 min/km

Rank in course/Total: 27 (of 148)

Rank in course/Men: 27 (of 130)

Best time in course: 2:45:50

Rank in category: 4(of 9)

Best time in the category: 3:05:24

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	14:43	4:31	3	1:41	26	2:27	3.25	14:43	4:31	4	1:41	30	1:55
Lap 2	3.25	14:37	4:29	4	1:32	19	1:59	6.50	29:20	4:30	4	3:13	30	3:08
Lap 3	3.25	15:00	4:36	4	2:29	22	2:29	9.75	44:20	4:32	4	5:42	30	4:03
Lap 4	3.25	15:23	4:44	4	2:52	26	2:52	13.00	59:43	4:35	4	8:34	30	4:55
Lap 5	3.25	15:32	4:46	4	2:53	26	2:55	16.25	1:15:15	4:37	4	11:27	30	5:24
Lap 6	3.25	16:05	4:56	4	3:07	33	3:27	19.50	1:31:20	4:41	4	14:34	30	4:38
Lap 7	3.25	16:19	5:01	4	2:48	32	3:39	22.75	1:47:39	4:43	4	17:22	30	2:59
Lap 8	3.25	17:24	5:21	4	3:24	53	4:47	26.00	2:05:03	4:48	4	20:46	29	
Lap 9	3.25	18:15	5:36	4	3:41	61	5:32	29.25	2:23:18	4:53	4	24:10	29	0:27
Lap 10	3.25	17:39	5:25	4	2:43	31	4:50	32.50	2:40:57	4:57	4	25:58	29	0:19
Lap 11	3.25	18:47	5:46	4	3:19	45	5:45	35.75	2:59:44	5:01	4	27:53	29	
Lap 12	3.25	18:10	5:35	3	2:38	33	4:46	39.00	3:17:54	5:04	4	28:25	28	
Last lap Finish	3.25	19:10	5:53	5	3:53	48	18:53	42.25	3:37:04	5:08	4	31:40	30	3:16:53