



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Uhlig, Dirk

Club: LG Thalheim

Number: 556

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:40:04

Speed: 11.45 km/h

Running performance: 5:13 min/km

Rank in course/Total: 33 (of 148)

Rank in course/Men: 33 (of 130)

Best time in course: 2:45:50

Rank in category: 7(of 28)

Best time in the category: 2:59:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	15:05	4:38	4	2:21	37	2:49	3.25	15:05	4:38	21		35	2:17
Lap 2	3.25	15:02	4:37	2	2:08	28	2:24	6.50	30:07	4:38	23		19	3:55
Lap 3	3.25	15:02	4:37	2	1:49	24	2:31	9.75	45:09	4:37	23		35	4:52
Lap 4	3.25	15:11	4:40	2	1:40	21	2:40	13.00	1:00:20	4:38	23		35	5:32
Lap 5	3.25	15:22	4:43	3	1:51	23	2:45	16.25	1:15:42	4:39	23		19	5:51
Lap 6	3.25	15:06	4:38	2	1:26	18	2:28	19.50	1:30:48	4:39	23		19	4:06
Lap 7	3.25	15:45	4:50	3	2:02	23	3:05	22.75	1:46:33	4:41	23		35	1:53
Lap 8	3.25	16:31	5:04	5	2:42	28	3:54	26.00	2:03:04	4:44	23		34	
Lap 9	3.25	17:34	5:24	7	3:34	40	4:51	29.25	2:20:38	4:48	23		34	
Lap 10	3.25	18:59	5:50	9	4:39	57	6:10	32.50	2:39:37	4:54	22		34	
Lap 11	3.25	19:36	6:01	10	4:58	59	6:34	35.75	2:59:13	5:00	22		34	
Lap 12	3.25	19:55	6:07	10	4:56	58	6:31	39.00	3:19:08	5:06	22		33	
Last lap Finish	3.25	20:56	6:26	13	6:15	72	20:39	42.25	3:40:04	5:12	7	40:21	36	3:19:53