



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Grond, Josef**

Club: SC Nordwalde

Number: 593

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 3:43:14

Speed: 11.29 km/h

Running performance: 5:17 min/km

Rank in course/Total: 39 (of 148)

Rank in course/Men: 39 (of 130)

Best time in course: 2:45:50

Rank in category: 1(of 2)

Best time in the category: 3:43:14

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	16:41	5:08	1	-	65	4:25	3.25	16:41	5:08	1	-	42	3:53
Lap 2	3.25	16:58	5:13	1	-	79	4:20	6.50	33:39	5:10	1	-	42	7:27
Lap 3	3.25	16:55	5:12	2	1:28	71	4:24	9.75	50:34	5:11	1	-	42	10:17
Lap 4	3.25	16:54	5:11	1	-	66	4:23	13.00	1:07:28	5:11	1	-	42	12:40
Lap 5	3.25	16:49	5:10	1	-	60	4:12	16.25	1:24:17	5:11	1	-	42	14:26
Lap 6	3.25	16:59	5:13	1	-	62	4:21	19.50	1:41:16	5:11	1	-	42	14:34
Lap 7	3.25	17:18	5:19	1	-	60	4:38	22.75	1:58:34	5:12	1	-	42	13:54
Lap 8	3.25	17:14	5:18	1	-	47	4:37	26.00	2:15:48	5:13	1	-	41	9:54
Lap 9	3.25	17:20	5:19	1	-	33	4:37	29.25	2:33:08	5:14	1	-	41	10:17
Lap 10	3.25	17:15	5:18	1	-	27	4:26	32.50	2:50:23	5:14	1	-	40	9:45
Lap 11	3.25	17:22	5:20	1	-	26	4:20	35.75	3:07:45	5:15	1	-	40	7:36
Lap 12	3.25	18:06	5:34	2	0:43	32	4:42	39.00	3:25:51	5:16	1	-	39	5:50
Last lap Finish	3.25	17:23	5:20	1	-	26	17:06	42.25	3:43:14	5:17	1	-	43	3:23:03