



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rohwedder, Karl

Club: LG DUV

Number: 549

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:43:51

Speed: 11.26 km/h

Running performance: 5:18 min/km

Rank in course/Total: 42 (of 148)

Rank in course/Men: 41 (of 130)

Best time in course: 2:45:50

Rank in category: 2(of 7)

Best time in the category: 3:06:26

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	15:08	4:39	2	0:41	41	2:52	3.25	15:08	4:39	2	0:41	44	2:20
Lap 2	3.25	16:07	4:57	3	1:58	54	3:29	6.50	31:15	4:48	2	2:39	43	5:03
Lap 3	3.25	16:17	5:00	3	2:36	57	3:46	9.75	47:32	4:52	2	5:15	44	7:15
Lap 4	3.25	16:23	5:02	2	2:24	52	3:52	13.00	1:03:55	4:54	2	7:39	43	9:07
Lap 5	3.25	16:14	4:59	2	2:07	49	3:37	16.25	1:20:09	4:55	2	9:46	43	10:18
Lap 6	3.25	16:28	5:03	2	2:00	44	3:50	19.50	1:36:37	4:57	2	11:46	43	9:55
Lap 7	3.25	16:48	5:10	2	2:23	46	4:08	22.75	1:53:25	4:59	2	14:09	44	8:45
Lap 8	3.25	17:06	5:15	2	2:15	41	4:29	26.00	2:10:31	5:01	2	16:24	43	4:37
Lap 9	3.25	17:41	5:26	2	3:02	44	4:58	29.25	2:28:12	5:03	2	19:26	43	5:21
Lap 10	3.25	17:56	5:31	2	3:48	36	5:07	32.50	2:46:08	5:06	2	23:14	41	5:30
Lap 11	3.25	18:41	5:44	3	4:08	39	5:39	35.75	3:04:49	5:10	2	27:22	41	4:40
Lap 12	3.25	19:14	5:55	3	4:48	47	5:50	39.00	3:24:03	5:13	2	32:10	40	4:02
Last lap Finish	3.25	19:48	6:05	3	5:15	60	19:31	42.25	3:43:51	5:17	2	37:25	45	3:23:40