



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Tunder, Hartmut

Club: MTV Aurich

Number: 582

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:44:17

Speed: 11.24 km/h

Running performance: 5:19 min/km

Rank in course/Total: 45 (of 148)

Rank in course/Men: 44 (of 130)

Best time in course: 2:45:50

Rank in category: 8(of 21)

Best time in the category: 3:05:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	15:40	4:49	7	2:27	52	3:24	3.25	15:40	4:49	15	1:40	46	2:52
Lap 2	3.25	15:57	4:54	7	2:37	47	3:19	6.50	31:37	4:51	15	2:47	46	5:25
Lap 3	3.25	15:53	4:53	7	2:35	45	3:22	9.75	47:30	4:52	15	3:30	46	7:13
Lap 4	3.25	16:07	4:57	6	2:40	46	3:36	13.00	1:03:37	4:53	15	4:13	46	8:49
Lap 5	3.25	16:12	4:59	7	2:26	48	3:35	16.25	1:19:49	4:54	15	5:09	46	9:58
Lap 6	3.25	16:30	5:04	7	2:40	47	3:52	19.50	1:36:19	4:56	15	6:11	46	9:37
Lap 7	3.25	16:44	5:08	7	2:45	42	4:04	22.75	1:53:03	4:58	15	6:42	46	8:23
Lap 8	3.25	16:43	5:08	5	2:30	34	4:06	26.00	2:09:46	4:59	15	6:05	45	3:52
Lap 9	3.25	17:40	5:26	8	2:59	43	4:57	29.25	2:27:26	5:02	15	3:44	45	4:35
Lap 10	3.25	18:25	5:40	8	3:35	50	5:36	32.50	2:45:51	5:06	15	0:41	44	5:13
Lap 11	3.25	18:52	5:48	9	3:44	46	5:50	35.75	3:04:43	5:10	15		44	4:34
Lap 12	3.25	19:51	6:06	12	3:55	56	6:27	39.00	3:24:34	5:14	15		43	4:33
Last lap Finish	3.25	19:43	6:03	11	4:21	56	19:26	42.25	3:44:17	5:18	8	38:59	48	3:24:06