



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Judenhahn, Holger

Club: RTC Bernburger Bären
Number: 590

Course: 42.25 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:44:24

Speed: 11.23 km/h
Running performance: 5:19 min/km

Rank in course/Total: 46 (of 148)

Rank in course/Men: 45 (of 130)

Best time in course: 2:45:50

Rank in category: 3(of 7)

Best time in the category: 3:06:26

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	15:22	4:43	3	0:55	44	3:06	3.25	15:22	4:43	3	0:55	48	2:34
Lap 2	3.25	15:35	4:47	2	1:26	42	2:57	6.50	30:57	4:45	3	2:21	48	4:45
Lap 3	3.25	16:13	4:59	2	2:32	54	3:42	9.75	47:10	4:50	3	4:53	48	6:53
Lap 4	3.25	16:47	5:09	3	2:48	63	4:16	13.00	1:03:57	4:55	3	7:41	48	9:09
Lap 5	3.25	16:57	5:12	3	2:50	63	4:20	16.25	1:20:54	4:58	3	10:31	48	11:03
Lap 6	3.25	16:55	5:12	3	2:27	60	4:17	19.50	1:37:49	5:00	3	12:58	48	11:07
Lap 7	3.25	17:39	5:25	3	3:14	68	4:59	22.75	1:55:28	5:04	3	16:12	48	10:48
Lap 8	3.25	17:40	5:26	3	2:49	59	5:03	26.00	2:13:08	5:07	3	19:01	47	7:14
Lap 9	3.25	18:00	5:32	3	3:21	53	5:17	29.25	2:31:08	5:10	3	22:22	47	8:17
Lap 10	3.25	18:11	5:35	3	4:03	43	5:22	32.50	2:49:19	5:12	3	26:25	46	8:41
Lap 11	3.25	18:28	5:40	2	3:55	35	5:26	35.75	3:07:47	5:15	3	30:20	46	7:38
Lap 12	3.25	18:50	5:47	2	4:24	40	5:26	39.00	3:26:37	5:17	3	34:44	45	6:36
Last lap Finish	3.25	17:47	5:28	2	3:14	29	17:30	42.25	3:44:24	5:18	3	37:58	49	3:24:13