



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Nentwich, Rolf

Club: Lübbecker Berglöwen

Number: 571

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:48:32

Speed: 11.03 km/h

Running performance: 5:25 min/km

Rank in course/Total: 53 (of 148)

Rank in course/Men: 52 (of 130)

Best time in course: 2:45:50

Rank in category: 9(of 28)

Best time in the category: 2:59:43

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	15:19	4:42	6	2:35	42	3:03	3.25	15:19	4:42	20		54	2:31
Lap 2	3.25	15:22	4:43	5	2:28	36	2:44	6.50	30:41	4:43	20		54	4:29
Lap 3	3.25	16:19	5:01	10	3:06	59	3:48	9.75	47:00	4:49	20		54	6:43
Lap 4	3.25	16:44	5:08	12	3:13	62	4:13	13.00	1:03:44	4:54	20		54	8:56
Lap 5	3.25	17:16	5:18	13	3:45	70	4:39	16.25	1:21:00	4:59	20		54	11:09
Lap 6	3.25	17:16	5:18	13	3:36	68	4:38	19.50	1:38:16	5:02	20		54	11:34
Lap 7	3.25	17:18	5:19	11	3:35	60	4:38	22.75	1:55:34	5:04	20		54	10:54
Lap 8	3.25	17:28	5:22	10	3:39	55	4:51	26.00	2:13:02	5:06	20		53	7:08
Lap 9	3.25	18:03	5:33	9	4:03	54	5:20	29.25	2:31:05	5:09	20		53	8:14
Lap 10	3.25	18:20	5:38	7	4:00	48	5:31	32.50	2:49:25	5:12	20		52	8:47
Lap 11	3.25	19:31	6:00	9	4:53	57	6:29	35.75	3:08:56	5:17	20		52	8:47
Lap 12	3.25	19:04	5:51	6	4:05	42	5:40	39.00	3:28:00	5:19	20		51	7:59
Last lap Finish	3.25	20:32	6:19	11	5:51	68	20:15	42.25	3:48:32	5:24	10	48:49	56	3:28:21