



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Schudera, Matthias

Club: SSV Bad Salzungen

Number: 599

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:49:07

Speed: 11.00 km/h

Running performance: 5:25 min/km

Rank in course/Total: 54 (of 148)

Rank in course/Men: 53 (of 130)

Best time in course: 2:45:50

Rank in category: 10(of 28)

Best time in the category: 2:59:43

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	17:01	5:14	13	4:17	78	4:45	3.25	17:01	5:14	19	0:20	56	4:13
Lap 2	3.25	16:25	5:03	10	3:31	61	3:47	6.50	33:26	5:08	19		56	7:14
Lap 3	3.25	16:10	4:58	9	2:57	52	3:39	9.75	49:36	5:05	19		56	9:19
Lap 4	3.25	16:06	4:57	9	2:35	45	3:35	13.00	1:05:42	5:03	19		56	10:54
Lap 5	3.25	16:11	4:58	9	2:40	46	3:34	16.25	1:21:53	5:02	19		56	12:02
Lap 6	3.25	16:20	5:01	7	2:40	40	3:42	19.50	1:38:13	5:02	19		56	11:31
Lap 7	3.25	16:29	5:04	5	2:46	37	3:49	22.75	1:54:42	5:02	19		56	10:02
Lap 8	3.25	17:07	5:15	7	3:18	42	4:30	26.00	2:11:49	5:04	19		55	5:55
Lap 9	3.25	18:10	5:35	10	4:10	59	5:27	29.25	2:29:59	5:07	19		55	7:08
Lap 10	3.25	19:14	5:55	11	4:54	60	6:25	32.50	2:49:13	5:12	19		54	8:35
Lap 11	3.25	19:15	5:55	7	4:37	51	6:13	35.75	3:08:28	5:16	19		54	8:19
Lap 12	3.25	19:57	6:08	11	4:58	59	6:33	39.00	3:28:25	5:20	19		53	8:24
Last lap Finish	3.25	20:42	6:22	12	6:01	71	20:25	42.25	3:49:07	5:25	11	49:24	57	3:28:56