



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 |