



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Hiecke, Jörg

Club: ForumTeam

Number: 528

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:50:37

Speed: 10.93 km/h

Running performance: 5:28 min/km

Rank in course/Total: 56 (of 148)

Rank in course/Men: 55 (of 130)

Best time in course: 2:45:50

Rank in category: 12(of 24)

Best time in the category: 2:45:50

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	16:03	4:56	11	3:47	59	3:47	3.25	16:03	4:56	1	-	58	3:15
Lap 2	3.25	16:07	4:57	12	3:29	54	3:29	6.50	32:10	4:56	1	-	58	5:58
Lap 3	3.25	16:00	4:55	11	3:18	47	3:29	9.75	48:10	4:56	1	-	58	7:53
Lap 4	3.25	16:05	4:56	11	3:27	44	3:34	13.00	1:04:15	4:56	1	-	58	9:27
Lap 5	3.25	16:01	4:55	9	3:24	39	3:24	16.25	1:20:16	4:56	1	-	58	10:25
Lap 6	3.25	16:01	4:55	9	3:23	31	3:23	19.50	1:36:17	4:56	1	-	58	9:35
Lap 7	3.25	16:29	5:04	11	3:49	37	3:49	22.75	1:52:46	4:57	1	-	58	8:06
Lap 8	3.25	16:56	5:12	11	4:19	39	4:19	26.00	2:09:42	4:59	1	-	57	3:48
Lap 9	3.25	17:41	5:26	11	4:58	44	4:58	29.25	2:27:23	5:02	1	-	57	4:32
Lap 10	3.25	18:57	5:49	11	6:08	56	6:08	32.50	2:46:20	5:07	1	-	56	5:42
Lap 11	3.25	20:33	6:19	14	7:31	73	7:31	35.75	3:06:53	5:13	1	-	56	6:44
Lap 12	3.25	21:49	6:42	15	8:25	78	8:25	39.00	3:28:42	5:21	1	-	55	8:41
Last lap Finish	3.25	21:55	6:44	15	8:50	83	21:38	42.25	3:50:37	5:27	13	3:30:26	59	3:30:26