



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Malcowski, Peter

Club: laufen-aktuell / OG Hannover

Number: 539

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:51:27

Speed: 10.89 km/h

Running performance: 5:29 min/km

Rank in course/Total: 57 (of 148)

Rank in course/Men: 56 (of 130)

Best time in course: 2:45:50

Rank in category: 11(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	15:36	4:47	9	2:52	51	3:20	3.25	15:36	4:47	18		59	2:48
Lap 2	3.25	15:58	4:54	9	3:04	48	3:20	6.50	31:34	4:51	18		59	5:22
Lap 3	3.25	16:22	5:02	11	3:09	61	3:51	9.75	47:56	4:54	18		59	7:39
Lap 4	3.25	16:32	5:05	10	3:01	58	4:01	13.00	1:04:28	4:57	18		59	9:40
Lap 5	3.25	16:49	5:10	11	3:18	60	4:12	16.25	1:21:17	5:00	18		59	11:26
Lap 6	3.25	16:39	5:07	10	2:59	52	4:01	19.50	1:37:56	5:01	18		59	11:14
Lap 7	3.25	17:16	5:18	9	3:33	57	4:36	22.75	1:55:12	5:03	18		59	10:32
Lap 8	3.25	18:39	5:44	14	4:50	77	6:02	26.00	2:13:51	5:08	18		58	7:57
Lap 9	3.25	20:03	6:10	16	6:03	89	7:20	29.25	2:33:54	5:15	18		58	11:03
Lap 10	3.25	20:00	6:09	14	5:40	77	7:11	32.50	2:53:54	5:21	18		57	13:16
Lap 11	3.25	19:50	6:06	11	5:12	63	6:48	35.75	3:13:44	5:25	18		57	13:35
Lap 12	3.25	19:21	5:57	9	4:22	51	5:57	39.00	3:33:05	5:27	18		56	13:04
Last lap Finish	3.25	18:22	5:39	6	3:41	36	18:05	42.25	3:51:27	5:28	12	51:44	61	3:31:16