



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Koch, Heico

Club: Berlin
Number: 656

Course: 42.25 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:55:00

Speed: 10.72 km/h
Running performance: 5:34 min/km

Rank in course/Total: 63 (of 148)

Rank in course/Men: 62 (of 130)

Best time in course: 2:45:50

Rank in category: 14(of 28)

Best time in the category: 2:51:44

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	16:59	5:13	18	4:11	76	4:43	3.25	16:59	5:13	1	-	66	4:11
Lap 2	3.25	17:33	5:24	21	4:09	87	4:55	6.50	34:32	5:18	1	-	66	8:20
Lap 3	3.25	17:59	5:31	21	4:58	90	5:28	9.75	52:31	5:23	1	-	66	12:14
Lap 4	3.25	18:11	5:35	21	5:14	91	5:40	13.00	1:10:42	5:26	1	-	66	15:54
Lap 5	3.25	17:57	5:31	19	4:49	82	5:20	16.25	1:28:39	5:27	1	-	66	18:48
Lap 6	3.25	17:50	5:29	18	4:55	76	5:12	19.50	1:46:29	5:27	1	-	66	19:47
Lap 7	3.25	17:20	5:19	14	4:02	62	4:40	22.75	2:03:49	5:26	1	-	66	19:09
Lap 8	3.25	17:43	5:27	14	4:25	62	5:06	26.00	2:21:32	5:26	1	-	65	15:38
Lap 9	3.25	18:05	5:33	15	4:53	57	5:22	29.25	2:39:37	5:27	1	-	65	16:46
Lap 10	3.25	18:10	5:35	12	4:45	41	5:21	32.50	2:57:47	5:28	1	-	63	17:09
Lap 11	3.25	18:29	5:41	8	5:15	36	5:27	35.75	3:16:16	5:29	1	-	63	16:07
Lap 12	3.25	19:12	5:54	10	5:45	46	5:48	39.00	3:35:28	5:31	1	-	62	15:27
Last lap Finish	3.25	19:32	6:00	10	19:15	50	19:15	42.25	3:55:00	5:33	15	2:10:03	67	3:34:49