



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kappler, Thomas

Club: Tom-läuft.de

Number: 616

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:59:49

Speed: 10.51 km/h

Running performance: 5:41 min/km

Rank in course/Total: 71 (of 148)

Rank in course/Men: 70 (of 130)

Best time in course: 2:45:50

Rank in category: 18(of 28)

Best time in the category: 2:51:44

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	19:48	6:05	28	7:00	119	7:32	3.25	19:48	6:05	11	2:49	74	7:00
Lap 2	3.25	18:37	5:43	27	5:13	102	5:59	6.50	38:25	5:54	11	3:53	74	12:13
Lap 3	3.25	18:53	5:48	26	5:52	104	6:22	9.75	57:18	5:52	11	4:47	74	17:01
Lap 4	3.25	19:14	5:55	26	6:17	108	6:43	13.00	1:16:32	5:53	11	5:50	74	21:44
Lap 5	3.25	19:02	5:51	26	5:54	105	6:25	16.25	1:35:34	5:52	11	6:55	74	25:43
Lap 6	3.25	19:15	5:55	25	6:20	103	6:37	19.50	1:54:49	5:53	11	8:20	74	28:07
Lap 7	3.25	18:56	5:49	22	5:38	92	6:16	22.75	2:13:45	5:52	11	9:56	74	29:05
Lap 8	3.25	18:54	5:48	19	5:36	82	6:17	26.00	2:32:39	5:52	11	11:07	73	26:45
Lap 9	3.25	19:20	5:56	20	6:08	81	6:37	29.25	2:51:59	5:52	11	12:22	73	29:08
Lap 10	3.25	18:06	5:34	10	4:41	39	5:17	32.50	3:10:05	5:50	11	12:18	71	29:27
Lap 11	3.25	16:59	5:13	3	3:45	18	3:57	35.75	3:27:04	5:47	11	10:48	71	26:55
Lap 12	3.25	16:39	5:07	3	3:12	14	3:15	39.00	3:43:43	5:44	11	8:15	70	23:42
Last lap Finish	3.25	16:06	4:57	5	15:49	17	15:49	42.25	3:59:49	5:40	19	2:14:52	75	3:39:38