



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Steinicke, Thomas**

Club: SGW 05 Berlin

Number: 597

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:00:04

Speed: 10.50 km/h

Running performance: 5:41 min/km

Rank in course/Total: 72 (of 148)

Rank in course/Men: 71 (of 130)

Best time in course: 2:45:50

Rank in category: 12(of 21)

Best time in the category: 3:05:18

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	18:50	5:47	17	5:37	106	6:34	3.25	18:50	5:47	11	4:50	75	6:02
Lap 2	3.25	17:52	5:29	16	4:32	91	5:14	6.50	36:42	5:38	11	7:52	75	10:30
Lap 3	3.25	18:14	5:36	16	4:56	93	5:43	9.75	54:56	5:38	11	10:56	75	14:39
Lap 4	3.25	18:18	5:37	16	4:51	94	5:47	13.00	1:13:14	5:38	11	13:50	75	18:26
Lap 5	3.25	18:34	5:42	16	4:48	95	5:57	16.25	1:31:48	5:38	11	17:08	75	21:57
Lap 6	3.25	18:16	5:37	15	4:26	84	5:38	19.50	1:50:04	5:38	11	19:56	75	23:22
Lap 7	3.25	17:58	5:31	13	3:59	72	5:18	22.75	2:08:02	5:37	11	21:41	75	23:22
Lap 8	3.25	17:38	5:25	12	3:25	58	5:01	26.00	2:25:40	5:36	11	21:59	74	19:46
Lap 9	3.25	17:57	5:31	9	3:16	50	5:14	29.25	2:43:37	5:35	11	19:55	74	20:46
Lap 10	3.25	18:13	5:36	6	3:23	45	5:24	32.50	3:01:50	5:35	11	16:40	72	21:12
Lap 11	3.25	18:46	5:46	8	3:38	44	5:44	35.75	3:20:36	5:36	11	11:17	72	20:27
Lap 12	3.25	19:35	6:01	11	3:39	53	6:11	39.00	3:40:11	5:38	11	5:43	71	20:10
Last lap Finish	3.25	19:53	6:07	13	4:31	63	19:36	42.25	4:00:04	5:40	12	54:46	76	3:39:53