



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Behrens, Steffen

Club: Garage 5

Number: 531

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:00:58

Speed: 10.46 km/h

Running performance: 5:42 min/km

Rank in course/Total: 75 (of 148)

Rank in course/Men: 74 (of 130)

Best time in course: 2:45:50

Rank in category: 14(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	19:37	6:02	19	7:21	112	7:21	3.25	19:37	6:02	10	3:34	78	6:49
Lap 2	3.25	17:55	5:30	15	5:17	92	5:17	6.50	37:32	5:46	6	5:22	78	11:20
Lap 3	3.25	17:15	5:18	15	4:33	79	4:44	9.75	54:47	5:37	10	6:37	78	14:30
Lap 4	3.25	16:56	5:12	15	4:18	67	4:25	13.00	1:11:43	5:30	10	7:28	78	16:55
Lap 5	3.25	17:01	5:14	15	4:24	67	4:24	16.25	1:28:44	5:27	10	8:28	78	18:53
Lap 6	3.25	17:23	5:20	14	4:45	69	4:45	19.50	1:46:07	5:26	10	9:50	78	19:25
Lap 7	3.25	17:14	5:18	14	4:34	55	4:34	22.75	2:03:21	5:25	10	10:35	78	18:41
Lap 8	3.25	17:58	5:31	15	5:21	70	5:21	26.00	2:21:19	5:26	10	11:37	77	15:25
Lap 9	3.25	18:21	5:38	13	5:38	64	5:38	29.25	2:39:40	5:27	10	12:17	77	16:49
Lap 10	3.25	19:44	6:04	13	6:55	73	6:55	32.50	2:59:24	5:31	10	13:04	75	18:46
Lap 11	3.25	20:53	6:25	15	7:51	76	7:51	35.75	3:20:17	5:36	10	13:24	75	20:08
Lap 12	3.25	20:57	6:26	12	7:33	68	7:33	39.00	3:41:14	5:40	10	12:32	74	21:13
Last lap Finish	3.25	19:44	6:04	11	6:39	57	19:27	42.25	4:00:58	5:42	16	3:40:47	79	3:40:47