



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Hench, Michael**

Club: Das Erlebnislaufer-Team

Number: 520

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:07:33

Speed: 10.18 km/h

Running performance: 5:52 min/km

Rank in course/Total: 83 (of 148)

Rank in course/Men: 80 (of 130)

Best time in course: 2:45:50

Rank in category: 4(of 7)

Best time in the category: 3:06:26

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	17:21	5:20	5	2:54	85	5:05	3.25	17:21	5:20	4	2:54	84	4:33
Lap 2	3.25	16:56	5:12	5	2:47	77	4:18	6.50	34:17	5:16	4	5:41	84	8:05
Lap 3	3.25	16:59	5:13	4	3:18	75	4:28	9.75	51:16	5:15	4	8:59	84	10:59
Lap 4	3.25	17:32	5:23	4	3:33	78	5:01	13.00	1:08:48	5:17	4	12:32	84	14:00
Lap 5	3.25	17:25	5:21	4	3:18	71	4:48	16.25	1:26:13	5:18	4	15:50	84	16:22
Lap 6	3.25	17:32	5:23	4	3:04	71	4:54	19.50	1:43:45	5:19	4	18:54	84	17:03
Lap 7	3.25	17:50	5:29	4	3:25	71	5:10	22.75	2:01:35	5:20	4	22:19	84	16:55
Lap 8	3.25	18:14	5:36	4	3:23	72	5:37	26.00	2:19:49	5:22	4	25:42	83	13:55
Lap 9	3.25	19:25	5:58	4	4:46	82	6:42	29.25	2:39:14	5:26	4	30:28	83	16:23
Lap 10	3.25	20:26	6:17	4	6:18	82	7:37	32.50	2:59:40	5:31	4	36:46	81	19:02
Lap 11	3.25	22:25	6:53	5	7:52	97	9:23	35.75	3:22:05	5:39	4	44:38	81	21:56
Lap 12	3.25	22:20	6:52	4	7:54	85	8:56	39.00	3:44:25	5:45	4	52:32	80	24:24
Last lap Finish	3.25	23:08	7:07	5	8:35	101	22:51	42.25	4:07:33	5:51	4	1:01:07	85	3:47:22