



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Stief, Udo

Club: Ravensburg

Number: 669

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:07:38

Speed: 10.18 km/h

Running performance: 5:52 min/km

Rank in course/Total: 84 (of 148)

Rank in course/Men: 81 (of 130)

Best time in course: 2:45:50

Rank in category: 15(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	18:27	5:40	16	5:14	99	6:11	3.25	18:27	5:40	8	4:27	85	5:39
Lap 2	3.25	19:05	5:52	19	5:45	110	6:27	6.50	37:32	5:46	8	8:42	78	11:20
Lap 3	3.25	19:00	5:50	18	5:42	107	6:29	9.75	56:32	5:47	8	12:32	85	16:15
Lap 4	3.25	19:13	5:54	18	5:46	106	6:42	13.00	1:15:45	5:49	8	16:21	85	20:57
Lap 5	3.25	19:02	5:51	18	5:16	105	6:25	16.25	1:34:47	5:49	8	20:07	85	24:56
Lap 6	3.25	19:16	5:55	18	5:26	104	6:38	19.50	1:54:03	5:50	8	23:55	85	27:21
Lap 7	3.25	18:33	5:42	16	4:34	85	5:53	22.75	2:12:36	5:49	8	26:15	85	27:56
Lap 8	3.25	18:47	5:46	14	4:34	80	6:10	26.00	2:31:23	5:49	8	27:42	84	25:29
Lap 9	3.25	18:54	5:48	13	4:13	73	6:11	29.25	2:50:17	5:49	8	26:35	84	27:26
Lap 10	3.25	19:08	5:53	11	4:18	59	6:19	32.50	3:09:25	5:49	8	24:15	82	28:47
Lap 11	3.25	19:07	5:52	11	3:59	48	6:05	35.75	3:28:32	5:49	8	19:13	82	28:23
Lap 12	3.25	19:34	6:01	10	3:38	52	6:10	39.00	3:48:06	5:50	8	13:38	81	28:05
Last lap Finish	3.25	19:32	6:00	10	4:10	50	19:15	42.25	4:07:38	5:51	15	1:02:20	86	3:47:27