



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Giese, Kay**

Club: Post SV Buxtehude

Number: 586

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:11:31

Speed: 10.02 km/h

Running performance: 5:57 min/km

Rank in course/Total: 91 (of 148)

Rank in course/Men: 87 (of 130)

Best time in course: 2:45:50

Rank in category: 22(of 28)

Best time in the category: 2:51:44

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	15:42	4:49	13	2:54	53	3:26	3.25	15:42	4:49	7		91	2:54
Lap 2	3.25	16:29	5:04	15	3:05	62	3:51	6.50	32:11	4:57	7		91	5:59
Lap 3	3.25	16:47	5:09	15	3:46	67	4:16	9.75	48:58	5:01	7		91	8:41
Lap 4	3.25	17:39	5:25	18	4:42	80	5:08	13.00	1:06:37	5:07	7		91	11:49
Lap 5	3.25	17:39	5:25	17	4:31	75	5:02	16.25	1:24:16	5:11	7		91	14:25
Lap 6	3.25	18:37	5:43	23	5:42	91	5:59	19.50	1:42:53	5:16	7		91	16:11
Lap 7	3.25	18:21	5:38	20	5:03	79	5:41	22.75	2:01:14	5:19	7		91	16:34
Lap 8	3.25	19:47	6:05	22	6:29	92	7:10	26.00	2:21:01	5:25	7		90	15:07
Lap 9	3.25	20:50	6:24	24	7:38	99	8:07	29.25	2:41:51	5:31	7	2:14	90	19:00
Lap 10	3.25	21:23	6:34	22	7:58	91	8:34	32.50	3:03:14	5:38	7	5:27	88	22:36
Lap 11	3.25	23:02	7:05	24	9:48	100	10:00	35.75	3:26:16	5:46	7	10:00	88	26:07
Lap 12	3.25	23:29	7:13	23	10:02	98	10:05	39.00	3:49:45	5:53	7	14:17	87	29:44
Last lap Finish	3.25	21:46	6:41	18	21:29	82	21:29	42.25	4:11:31	5:57	23	2:26:34	92	3:51:20