



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Spamer, Kay

Club: marathon4you

Number: 577

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:17:31

Speed: 9.79 km/h

Running performance: 6:06 min/km

Rank in course/Total: 94 (of 148)

Rank in course/Men: 90 (of 130)

Best time in course: 2:45:50

Rank in category: 17(of 28)

Best time in the category: 2:59:43

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	18:11	5:35	20	5:27	93	5:55	3.25	18:11	5:35	12	1:30	94	5:23
Lap 2	3.25	18:00	5:32	18	5:06	93	5:22	6.50	36:11	5:33	12	2:43	94	9:59
Lap 3	3.25	18:10	5:35	19	4:57	92	5:39	9.75	54:21	5:34	12	3:43	94	14:04
Lap 4	3.25	18:00	5:32	17	4:29	85	5:29	13.00	1:12:21	5:33	12	4:24	94	17:33
Lap 5	3.25	18:21	5:38	18	4:50	91	5:44	16.25	1:30:42	5:34	12	5:04	94	20:51
Lap 6	3.25	18:53	5:48	18	5:13	97	6:15	19.50	1:49:35	5:37	12	6:02	94	22:53
Lap 7	3.25	18:55	5:49	17	5:12	91	6:15	22.75	2:08:30	5:38	12	6:59	94	23:50
Lap 8	3.25	19:26	5:58	17	5:37	91	6:49	26.00	2:27:56	5:41	12	8:05	93	22:02
Lap 9	3.25	20:53	6:25	20	6:53	101	8:10	29.25	2:48:49	5:46	12	10:33	93	25:58
Lap 10	3.25	21:32	6:37	20	7:12	96	8:43	32.50	3:10:21	5:51	12	12:58	91	29:43
Lap 11	3.25	21:46	6:41	20	7:08	89	8:44	35.75	3:32:07	5:56	12	14:35	91	31:58
Lap 12	3.25	22:29	6:55	21	7:30	87	9:05	39.00	3:54:36	6:00	12	15:54	90	34:35
Last lap Finish	3.25	22:55	7:03	24	8:14	99	22:38	42.25	4:17:31	6:05	18	1:17:48	95	3:57:20