



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Grundt, Dirk

Club: Triminators TV Voerde

Number: 624

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:18:28

Speed: 9.75 km/h

Running performance: 6:07 min/km

Rank in course/Total: 95 (of 148)

Rank in course/Men: 91 (of 130)

Best time in course: 2:45:50

Rank in category: 23(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	18:20	5:38	25	5:32	97	6:04	3.25	18:20	5:38	6	1:21	72	5:32
Lap 2	3.25	17:50	5:29	23	4:26	90	5:12	6.50	36:10	5:33	6	1:38	95	9:58
Lap 3	3.25	17:30	5:23	19	4:29	83	4:59	9.75	53:40	5:30	6	1:09	95	13:23
Lap 4	3.25	17:14	5:18	15	4:17	71	4:43	13.00	1:10:54	5:27	6	0:12	95	16:06
Lap 5	3.25	18:35	5:43	24	5:27	96	5:58	16.25	1:29:29	5:30	6	0:50	95	19:38
Lap 6	3.25	18:52	5:48	24	5:57	95	6:14	19.50	1:48:21	5:33	6	1:52	95	21:39
Lap 7	3.25	19:22	5:57	23	6:04	96	6:42	22.75	2:07:43	5:36	6	3:54	95	23:03
Lap 8	3.25	20:16	6:14	25	6:58	101	7:39	26.00	2:27:59	5:41	6	6:27	94	22:05
Lap 9	3.25	20:40	6:21	23	7:28	98	7:57	29.25	2:48:39	5:45	6	9:02	94	25:48
Lap 10	3.25	21:36	6:38	25	8:11	98	8:47	32.50	3:10:15	5:51	6	12:28	92	29:37
Lap 11	3.25	23:05	7:06	25	9:51	102	10:03	35.75	3:33:20	5:58	6	17:04	92	33:11
Lap 12	3.25	22:27	6:54	19	9:00	86	9:03	39.00	3:55:47	6:02	6	20:19	91	35:46
Last lap Finish	3.25	22:41	6:58	22	22:24	96	22:24	42.25	4:18:28	6:07	24	2:33:31	96	3:58:17