



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Palm, Rainer

Club: LWV- Potsdam

Number: 575

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:23:04

Speed: 9.58 km/h

Running performance: 6:14 min/km

Rank in course/Total: 102 (of 148)

Rank in course/Men: 97 (of 130)

Best time in course: 2:45:50

Rank in category: 20(of 28)

Best time in the category: 2:59:43

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	17:53	5:30	18	5:09	88	5:37	3.25	17:53	5:30	8	1:12	102	5:05
Lap 2	3.25	18:26	5:40	21	5:32	100	5:48	6.50	36:19	5:35	8	2:51	102	10:07
Lap 3	3.25	19:15	5:55	22	6:02	112	6:44	9.75	55:34	5:41	8	4:56	102	15:17
Lap 4	3.25	19:19	5:56	22	5:48	109	6:48	13.00	1:14:53	5:45	8	6:56	102	20:05
Lap 5	3.25	19:59	6:08	23	6:28	113	7:22	16.25	1:34:52	5:50	8	9:14	102	25:01
Lap 6	3.25	19:34	6:01	21	5:54	107	6:56	19.50	1:54:26	5:52	8	10:53	102	27:44
Lap 7	3.25	20:09	6:11	22	6:26	105	7:29	22.75	2:14:35	5:54	8	13:04	102	29:55
Lap 8	3.25	20:52	6:25	23	7:03	107	8:15	26.00	2:35:27	5:58	8	15:36	101	29:33
Lap 9	3.25	21:11	6:31	22	7:11	104	8:28	29.25	2:56:38	6:02	8	18:22	101	33:47
Lap 10	3.25	21:30	6:36	19	7:10	95	8:41	32.50	3:18:08	6:05	8	20:45	99	37:30
Lap 11	3.25	21:28	6:36	17	6:50	83	8:26	35.75	3:39:36	6:08	8	22:04	99	39:27
Lap 12	3.25	21:43	6:40	16	6:44	76	8:19	39.00	4:01:19	6:11	8	22:37	98	41:18
Last lap Finish	3.25	21:45	6:41	18	7:04	81	21:28	42.25	4:23:04	6:13	21	1:23:21	102	4:02:53