



# 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            | 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    |