



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Diepenbrock, Thomas

Club: 1. FC Nordwalde

Number: 502

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:30:15

Speed: 9.32 km/h

Running performance: 6:24 min/km

Rank in course/Total: 115 (of 148)

Rank in course/Men: 104 (of 130)

Best time in course: 2:45:50

Rank in category: 18(of 21)

Best time in the category: 3:05:18

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	16:41	5:08	11	3:28	65	4:25	3.25	16:41	5:08	5	2:41	42	3:53
Lap 2	3.25	16:54	5:11	14	3:34	75	4:16	6.50	33:35	5:10	5	4:45	109	7:23
Lap 3	3.25	16:58	5:13	11	3:40	72	4:27	9.75	50:33	5:11	5	6:33	109	10:16
Lap 4	3.25	18:00	5:32	15	4:33	85	5:29	13.00	1:08:33	5:16	5	9:09	109	13:45
Lap 5	3.25	18:25	5:40	15	4:39	92	5:48	16.25	1:26:58	5:21	5	12:18	109	17:07
Lap 6	3.25	18:15	5:36	13	4:25	82	5:37	19.50	1:45:13	5:23	5	15:05	109	18:31
Lap 7	3.25	19:05	5:52	17	5:06	95	6:25	22.75	2:04:18	5:27	5	17:57	109	19:38
Lap 8	3.25	20:07	6:11	17	5:54	97	7:30	26.00	2:24:25	5:33	5	20:44	108	18:31
Lap 9	3.25	21:39	6:39	18	6:58	110	8:56	29.25	2:46:04	5:40	5	22:22	108	23:13
Lap 10	3.25	22:39	6:58	18	7:49	108	9:50	32.50	3:08:43	5:48	5	23:33	106	28:05
Lap 11	3.25	27:04	8:19	21	11:56	124	14:02	35.75	3:35:47	6:02	5	26:28	106	35:38
Lap 12	3.25	27:19	8:24	21	11:23	121	13:55	39.00	4:03:06	6:14	5	28:38	104	43:05
Last lap Finish	3.25	27:09	8:21	21	11:47	124	26:52	42.25	4:30:15	6:23	18	1:24:57	109	4:10:04