



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Fries, Sebastian

Club: Muenchen

Number: 648

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:31:07

Speed: 9.29 km/h

Running performance: 6:25 min/km

Rank in course/Total: 119 (of 148)

Rank in course/Men: 108 (of 130)

Best time in course: 2:45:50

Rank in category: 18(of 24)

Best time in the category: 2:45:50

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	18:27	5:40	15	6:11	99	6:11	3.25	18:27	5:40	6	2:24	85	5:39
Lap 2	3.25	19:05	5:52	19	6:27	110	6:27	6.50	37:32	5:46	6	5:22	78	11:20
Lap 3	3.25	19:00	5:50	19	6:18	107	6:29	9.75	56:32	5:47	6	8:22	85	16:15
Lap 4	3.25	19:13	5:54	20	6:35	106	6:42	13.00	1:15:45	5:49	6	11:30	85	20:57
Lap 5	3.25	19:02	5:51	19	6:25	105	6:25	16.25	1:34:47	5:49	6	14:31	85	24:56
Lap 6	3.25	18:55	5:49	17	6:17	98	6:17	19.50	1:53:42	5:49	6	17:25	111	27:00
Lap 7	3.25	19:40	6:03	17	7:00	100	7:00	22.75	2:13:22	5:51	6	20:36	111	28:42
Lap 8	3.25	20:42	6:22	18	8:05	105	8:05	26.00	2:34:04	5:55	6	24:22	110	28:10
Lap 9	3.25	21:18	6:33	19	8:35	107	8:35	29.25	2:55:22	5:59	6	27:59	110	32:31
Lap 10	3.25	23:12	7:08	19	10:23	113	10:23	32.50	3:18:34	6:06	6	32:14	108	37:56
Lap 11	3.25	23:33	7:14	17	10:31	105	10:31	35.75	3:42:07	6:12	6	35:14	108	41:58
Lap 12	3.25	24:27	7:31	19	11:03	108	11:03	39.00	4:06:34	6:19	6	37:52	107	46:33
Last lap Finish	3.25	24:33	7:33	19	11:28	114	24:16	42.25	4:31:07	6:25	20	4:10:56	113	4:10:56