



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Clauss, Michael

Club: Osterholz-Scharmbeck

Number: 661

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:31:29

Speed: 9.28 km/h

Running performance: 6:26 min/km

Rank in course/Total: 120 (of 148)

Rank in course/Men: 109 (of 130)

Best time in course: 2:45:50

Rank in category: 23(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	17:17	5:19	14	4:33	79	5:01	3.25	17:17	5:19	6	0:36	113	4:29
Lap 2	3.25	16:34	5:05	11	3:40	66	3:56	6.50	33:51	5:12	6	0:23	113	7:39
Lap 3	3.25	17:09	5:16	14	3:56	77	4:38	9.75	51:00	5:13	6	0:22	113	10:43
Lap 4	3.25	18:02	5:32	18	4:31	87	5:31	13.00	1:09:02	5:18	6	1:05	113	14:14
Lap 5	3.25	18:57	5:49	20	5:26	102	6:20	16.25	1:27:59	5:24	6	2:21	113	18:08
Lap 6	3.25	19:52	6:06	22	6:12	109	7:14	19.50	1:47:51	5:31	6	4:18	113	21:09
Lap 7	3.25	21:36	6:38	27	7:53	119	8:56	22.75	2:09:27	5:41	6	7:56	113	24:47
Lap 8	3.25	23:17	7:09	27	9:28	122	10:40	26.00	2:32:44	5:52	6	12:53	112	26:50
Lap 9	3.25	24:02	7:23	26	10:02	119	11:19	29.25	2:56:46	6:02	6	18:30	112	33:55
Lap 10	3.25	24:29	7:31	26	10:09	123	11:40	32.50	3:21:15	6:11	6	23:52	110	40:37
Lap 11	3.25	24:32	7:32	25	9:54	113	11:30	35.75	3:45:47	6:18	6	28:15	110	45:38
Lap 12	3.25	23:35	7:15	22	8:36	99	10:11	39.00	4:09:22	6:23	6	30:40	109	49:21
Last lap Finish	3.25	22:07	6:48	20	7:26	86	21:50	42.25	4:31:29	6:25	24	1:31:46	114	4:11:18