



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kirchhoff, Jörg

Club: Ffw Banteln

Number: 527

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:33:43

Speed: 9.21 km/h

Running performance: 6:29 min/km

Rank in course/Total: 121 (of 148)

Rank in course/Men: 110 (of 130)

Best time in course: 2:45:50

Rank in category: 24(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:45	6:23	27	8:01	123	8:29	3.25	20:45	6:23	5	4:04	114	7:57
Lap 2	3.25	20:24	6:16	27	7:30	122	7:46	6.50	41:09	6:19	5	7:41	114	14:57
Lap 3	3.25	20:03	6:10	25	6:50	121	7:32	9.75	1:01:12	6:16	5	10:34	114	20:55
Lap 4	3.25	20:13	6:13	27	6:42	122	7:42	13.00	1:21:25	6:15	5	13:28	114	26:37
Lap 5	3.25	20:27	6:17	26	6:56	117	7:50	16.25	1:41:52	6:16	5	16:14	114	32:01
Lap 6	3.25	20:24	6:16	24	6:44	113	7:46	19.50	2:02:16	6:16	5	18:43	114	35:34
Lap 7	3.25	20:45	6:23	23	7:02	111	8:05	22.75	2:23:01	6:17	5	21:30	114	38:21
Lap 8	3.25	21:45	6:41	25	7:56	113	9:08	26.00	2:44:46	6:20	5	24:55	113	38:52
Lap 9	3.25	21:21	6:34	23	7:21	108	8:38	29.25	3:06:07	6:21	5	27:51	113	43:16
Lap 10	3.25	21:39	6:39	21	7:19	99	8:50	32.50	3:27:46	6:23	5	30:23	111	47:08
Lap 11	3.25	21:43	6:40	19	7:05	87	8:41	35.75	3:49:29	6:25	5	31:57	111	49:20
Lap 12	3.25	22:10	6:49	18	7:11	82	8:46	39.00	4:11:39	6:27	5	32:57	110	51:38
Last lap Finish	3.25	22:04	6:47	19	7:23	85	21:47	42.25	4:33:43	6:28	25	1:34:00	115	4:13:32