



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Punge, Wolfgang

Club: Trail Team OWL

Number: 619

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:36:58

Speed: 9.10 km/h

Running performance: 6:34 min/km

Rank in course/Total: 125 (of 148)

Rank in course/Men: 114 (of 130)

Best time in course: 2:45:50

Rank in category: 26(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	18:33	5:42	22	5:49	102	6:17	3.25	18:33	5:42	3	1:52	118	5:45
Lap 2	3.25	19:26	5:58	24	6:32	117	6:48	6.50	37:59	5:50	3	4:31	118	11:47
Lap 3	3.25	20:21	6:15	27	7:08	123	7:50	9.75	58:20	5:58	3	7:42	118	18:03
Lap 4	3.25	19:39	6:02	24	6:08	117	7:08	13.00	1:17:59	5:59	3	10:02	118	23:11
Lap 5	3.25	20:14	6:13	24	6:43	115	7:37	16.25	1:38:13	6:02	3	12:35	118	28:22
Lap 6	3.25	21:13	6:31	27	7:33	121	8:35	19.50	1:59:26	6:07	3	15:53	118	32:44
Lap 7	3.25	20:47	6:23	24	7:04	112	8:07	22.75	2:20:13	6:09	3	18:42	118	35:33
Lap 8	3.25	21:20	6:33	24	7:31	109	8:43	26.00	2:41:33	6:12	3	21:42	117	35:39
Lap 9	3.25	22:12	6:49	25	8:12	113	9:29	29.25	3:03:45	6:16	3	25:29	117	40:54
Lap 10	3.25	22:09	6:48	24	7:49	107	9:20	32.50	3:25:54	6:20	3	28:31	115	45:16
Lap 11	3.25	24:39	7:35	26	10:01	117	11:37	35.75	3:50:33	6:26	3	33:01	115	50:24
Lap 12	3.25	23:53	7:20	23	8:54	100	10:29	39.00	4:14:26	6:31	3	35:44	114	54:25
Last lap Finish	3.25	22:32	6:56	22	7:51	93	22:15	42.25	4:36:58	6:33	27	1:37:15	119	4:16:47