



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Zschäbitz, Ralf

Club: Philippsthaler Landgrafen

Number: 66

Course: 20.15 km

Halbmarathon

Category:

Männer

Total time: 2:24:54

Speed: 8.28 km/h

Running performance: 7:11 min/km

Rank in course/Total: 3 (of 6)

Rank in course/Men: 2 (of 4)

Best time in course: 1:58:11

Rank in category: 2(of 4)

Best time in the category: 1:58:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Lap 1	3.15	16:34	5:15	1	-	1	-	3.15	16:34	5:15	2		2	
Lap 2	3.15	17:04	5:25	1	-	1	-	6.30	33:38	5:20	2		2	
Lap 3	3.15	17:47	5:38	2	0:38	2	0:38	9.45	51:25	5:26	2	0:03	2	0:03
Lap 4	3.15	18:18	5:48	2	1:25	2	1:25	12.60	1:09:43	5:31	2	1:28	2	1:28
Lap 5	3.15	19:03	6:02	2	2:37	2	2:37	15.75	1:28:46	5:38	2	4:05	2	4:05
Lap 6	3.15	19:19	6:07	2	3:05	2	3:05	18.90	1:48:05	5:43	2	7:10	2	7:10
Last lap Finish	3.15	36:49	11:41	3	19:33	3	19:33	20.15	2:24:54	7:11	2	26:43	2	26:43