



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Westphal, Klaus

Club: Spiridon Frankfurt

Number: 73

Course: 20.15 km

Halbmarathon

Category:

Männer

Total time: 2:40:45

Speed: 7.47 km/h

Running performance: 7:59 min/km

Rank in course/Total: 5 (of 6)

Rank in course/Men: 3 (of 4)

Best time in course: 1:58:11

Rank in category: 3(of 4)

Best time in the category: 1:58:11

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.15	19:59	6:20	4	3:25	4	3:25	3.15	19:59	6:20	3	2:50	3	2:50
Lap 2	3.15	20:48	6:36	4	3:44	4	3:44	6.30	40:47	6:28	3	6:34	3	6:34
Lap 3	3.15	22:17	7:04	4	5:08	4	5:08	9.45	1:03:04	6:40	3	11:42	3	11:42
Lap 4	3.15	22:45	7:13	4	5:52	4	5:52	12.60	1:25:49	6:48	3	17:34	3	17:34
Lap 5	3.15	23:27	7:26	4	7:01	4	7:01	15.75	1:49:16	6:56	3	24:35	3	24:35
Lap 6	3.15	25:12	8:00	4	8:58	4	8:58	18.90	2:14:28	7:06	3	33:33	3	33:33
Last lap Finish	3.15	26:17	8:20	2	9:01	2	9:01	20.15	2:40:45	7:58	3	42:34	3	42:34