



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Olejnik, Marian-Jan

Club: LG-Esslingen

Number: 69

Course: 40.95 km

Marathon

Category:

Männer M50

Total time: 2:45:36

Speed: 14.49 km/h

Running performance: 4:02 min/km

Rank in course/Total: 1 (of 78)

Rank in course/Men: 1 (of 74)

Best time in course: 2:45:36

Rank in category: 1(of 8)

Best time in the category: 2:45:36

Control	Intermediate times			Stage score				Total ranking						
	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	3.15	11:30	3:39	1	-	1	-	3.15	11:30	3:39	1	-	66	
Lap 2	3.15	11:53	3:46	1	-	1	-	6.30	23:23	3:42	1	-	66	
Lap 3	3.15	11:57	3:47	1	-	2	11:53	9.45	35:20	3:44	1	-	66	
Lap 4	3.15	12:14	3:53	1	-	1	-	12.60	47:34	3:46	1	-	66	
Lap 5	3.15	12:21	3:55	1	-	1	-	15.75	59:55	3:48	1	-	66	
Lap 6	3.15	12:29	3:57	1	-	1	-	18.90	1:12:24	3:49	1	-	66	
Lap 7	3.15	12:35	3:59	1	-	1	-	22.05	1:24:59	3:51	1	-	66	
Lap 8	3.15	12:50	4:04	1	-	1	-	25.20	1:37:49	3:52	1	-	66	
Lap 9	3.15	12:58	4:06	1	-	2	0:04	28.35	1:50:47	3:54	1	-	66	
Lap 10	3.15	13:16	4:12	1	-	2	0:07	31.50	2:04:03	3:56	1	-	66	
Lap 11	3.15	13:27	4:16	1	-	2	0:06	34.65	2:17:30	3:58	1	-	66	
Lap 12	3.15	13:45	4:21	1	-	2	0:27	37.80	2:31:15	4:00	1	-	66	
Last lap Finish	3.15	14:21	4:33	1	-	3	1:08	40.95	2:45:36	4:02	1	-	1	-