



### 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       | -          |  |